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Pillsbury

Creamy Filled French Toast p. 72

A fresh approach

BREAKFASTS and LUNCHES

Vegetable Tortilla Stack p. 30

Lively, nutritious recipes for all ages. Microwave, too!

EDITOR'S LETTER

Energy! We all need it and want it to maximize its potential for our use. There's no easier route to energy-filled days than enjoying balanced breakfasts and lunches with our newest Classic® Cookbook, **Breakfasts & Lunches**, brimming with fresh approaches just for you!

Paging through this cookbook will dispel any sense of no-hum food choices for these two important mealtimes. You will find breakfast recipes to be accomplished in mere minutes, those to snatch when rushing out the door and other nutritionally sound surprise ideas for all ages, inviting choices to capture mid-day appetites whether at home, off to school or office-bound are lively and creative. Sandwiches, soups and salads never tasted so good—or were so good for you.

Weekends and leisurely breakfasts or brunches with family and friends are great partners in our contemporary life style. Our home economists enjoy weekend family times and this casual entertaining style, too, so it was especially delightful to develop great tasting recipes for families to make together or to serve for festive brunch times.

Special features in this Classic® issue? You bet! Whole grain cereals are served up in tempting bowls (pages 8 to 11) and also used as tasty recipe ingredients. The creative diversity of Peanut Butter Possibilities (pages 52 & 53) dresses up this reliable lunch time friend. Cook's Notes offer special helps for toting foods wisely and to aid your cooking successes. On page 74, you'll find fresh approaches to tea and coffee, favorite beverages to accompany breakfasts and lunches.

For vim, vigor and very good eating, you'll find great beginnings in this fresh approach to **Breakfasts & Lunches**!

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A FRESH APPROACH TO BREAKFASTS & LUNCHES

For vim, vigor and very good eating

A Fresh Approach to Breakfasts and Lunches? You bet! This cookbook is filled with innovative, surprise ideas that are quick as a wink and fun to make, as well as to eat and enjoy. For those of you who are already confirmed breakfast and lunch eaters, here are tasty tempters to brighten your menus. And, for those of you who need ideas to get started, we provide sumptuous choices that will begin your day right and help supply all-day energy. Developed with American dietary recommendations in mind, all recipes are nourishing and satisfying.

Much has been written about the value of eating a proper breakfast and lunch. Breakfast foods offer nutrients necessary to remain alert and energetic the entire day. Research has shown that breakfast and lunch eaters are less likely to consume high calorie snacks between meals or to overeat at dinner. For the calorie-conscious, the value of these two meals can be summed up as follows: for breakfast, eat like a king; for lunch, eat like a prince; and for dinner eat like a pauper.

For Breakfasts, A FRESH APPROACH can help solve typical morning dilemmas.

- **No time at all?**
  Enjoy a delectable fruit shake like **Banana Yogurt Smoothie** for a breakfast in a glass.
- **Eating on the run?**
  Keep a variety of muffins such as **Apple Cheese Muffins** and **Banana Oat Bran Muffins** in the freezer. Wrap a muffin in a microwave-safe paper towel and warm it for a fresh-from-the-oven taste and aroma that spells H-O-M-E-M-A-D-E. Or have **Bran Muffins** batter waiting in the fridge to freshly microwave "bake" a healthy start for the day.
- **Bored with routine foods?**
  Experiment with tempting ideas like **Golden Sausage Pizza, Breakfast-To-Go Peanut Butter Cookies**, and **Frozen Yogurt Sundaes.**
- **Trying to add nutritional value?**
  From this cookbook, sample new choices for adding dietary fiber, valuable vitamins and minerals and reducing cholesterol with whole grain oats, wheat and couscous, an army of fresh, canned or dried fruits, yogurt and egg alternatives. **Honey Oat Bran Pancakes, Oatmeal Fruit Loaf** or **Maple Banana Cereal** will invite many sleepy heads into a healthy start for the day.

For Lunches, A FRESH APPROACH offers inviting ideas to capture mid-day appetites.

- **Want to add zip to your sandwich savvy?**
  Think lively new tastes with creative combinations like **Tuna Roll-Ups, Cheesy Chicken Sandwiches, Chicken Apple Sandwiches** and **Swiss Spinach Sandwiches.** Color, crunch and nutrition can be added with spinach leaves, or apple, cucumber or zucchini slices. Alfalfa or bean sprouts and radish also add fresh tastes.
- **Looking for new "bread" taste treats?**
  Bakeries and supermarkets have endless variety—English muffins, pocket bread, crusty and whole grain rolls, croissants, flour tortillas or bagels. If you are a home baker, try scones or muffins to create your own sandwiches.
- **Eating your lunch away from home?**
  With wide-mouth thermos and microwave-safe containers, healthful options are yours. Hearty soups and pasta dishes can be packed warm in a thermos or tote and microwaved. Marinated and chilled salads can be transported in a thermos and, if your office has a microwave oven, warm sandwich melts can offer mid-day repast.

BUSY MORNING BREAKFASTS

Great beginnings for energy-filled days.

Breakfast, that all-important meal, comes at the time of day when minutes are precious. We've devoted this chapter to tempting recipes designed for minutes-only preparation with maximum nutrition. They will get you and your family well fed and out the door fast!

A right start could be as yummy as a bagel topped with apples and yogurt or as surprising as a **Frozen Yogurt Sundae**. Breakfast skippers can be tempted with a warm mug of **Hot Mocha Drink**. And for eating on the run, **Breakfast-To-Go Peanut Butter Cookies** are perfect. A special feature using whole grain hot and cold cereals brims with new ways for this original convenience food.

Cherry Applesauce Bars p. 6
Banana Oat Bran Muffins p. 7

Muesli cereal is a blend of grains, fruits and nuts that has been a tradition in many parts of Europe for centuries. It adds texture, flavor and whole grain goodness to these breakfast bars.

CHEWY APPLESAUCE BARS

BARS

- 1 cup firmly packed brown sugar
- ½ cup margarine or butter, softened
- 1 cup applesauce
- 1 egg
- 1½ cups Pillsbury's BEST® All Purpose or Unbleached Flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- ¼ teaspoon salt
- ¼ teaspoon cloves
- ¼ teaspoon nutmeg
- 2 cups muesli cereal

GLAZE

- 2 tablespoons margarine or butter
- ¼ cup firmly packed brown sugar
- 1 teaspoon powdered sugar

Heat oven to 350°F. Grease and flour 13x9-inch pan. In large bowl, beat 1 cup brown sugar and ½ cup margarine until light and fluffy. Add applesauce and egg; blend well. Lightly spoon flour into measuring cup; level off. Stir in flour, baking soda, cinnamon, salt, cloves and nutmeg; mix well. Stir in cereal. Spread mixture in greased and floured pan. Bake at 350°F. for 25 to 30 minutes or until toothpick inserted in center comes out clean.

To prepare glaze, melt 2 tablespoons margarine in small saucepan over low heat. Stir in ¼ cup brown sugar. Cook about 1 minute or until mixture bubbles, stirring constantly. Remove from heat. Stir in powdered sugar. Quickly drizzle glaze over top of warm bars. Cool completely. Cut into squares. 24 to 36 bars.

HIGH ALTITUDE—Above 3500 Feet: No change.

NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1 BAR		PERCENT U.S. RDA PER SERVING
[illegible]	[illegible]	*
[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	*
[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	*
		[illegible]

*Contains less than 2% of the U.S. RDA of this nutrient.

COOK'S NOTE

About Oat Bran:

Several studies have indicated that including oat bran in a regular balanced diet may help to lower cholesterol. Rolled oats do contain some oat bran, but a higher concentration of fiber will be found in the bran itself. Serve oat bran as a hot cereal or use it in baked products such as muffins and quick breads. Recipes in this book using oat bran are Honey Oat Bran Pancakes, Blueberry Oat Scones, Breakfast-To-Go Peanut Butter Cookies and Banana Oat Bran Muffins. Rolled oats main ingredient in Oatmeal Fruit Loaf, Pineapple Oatmeal, Chocolate Chip Oatmeal Cookies and Biker's Ginger Oatmeal Cookies.

Oat bran is one of the richest sources of soluble fiber, and it is believed this fiber helps lower cholesterol. It also gives these banana-flavored muffins texture and taste that is irresistible.

BANANA OAT BRAN MUFFINS

- 2 cups oat bran
- ⅓ cup firmly packed brown sugar
- 2 teaspoons baking powder
- ½ teaspoon cinnamon
- ¼ teaspoon ginger
- ¼ teaspoon salt
- 1 cup milk
- ½ cup (1 medium) mashed ripe banana
- 2 tablespoons oil
- 1 egg
- ½ cup chopped walnuts

Heat oven to 400°F. Line 12 muffin cups with paper baking cups. In medium bowl, combine oat bran, brown sugar, baking powder, cinnamon, ginger and salt. In small bowl, combine milk, banana, oil and egg; blend well. Add to dry ingredients; stir just until dry ingredients are moistened. Fold in walnuts. Fill lined muffin cups ⅔ full. Bake at 400°F. for 15 to 20 minutes or until toothpick inserted in center comes out clean. 12 muffins.

HIGH ALTITUDE – Above 3500 Feet. Add 2 tablespoons flour to dry ingredients. Bake at 400°F. for 20 to 25 minutes.

NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1 MUFFIN		PERCENT U.S. RDA PER SERVING
CALORIES	190	9%
PROTEIN	5g	*
CARBOHYDRATE	17g	*
FAT	12g	18%
CHOLESTEROL	25mg	8%
SODIUM	140mg	6%
POTASSIUM	230mg	7%

*Contains less than 2% of the U.S. RDA of this nutrient

Rolled oats add extra fiber and flavor to this moist and fruity quick bread. It's great to have already prepared when you are in a hurry.

OATMEAL FRUIT LOAF

- 1 cup water
- ⅓ cup quick-cooking rolled oats
- 1 pkg. Pillsbury Banana Quick Bread Mix
- 6-oz. pkg. dried fruit bits
- 1 teaspoon cinnamon
- ½ teaspoon grated orange peel
- ¼ cup milk
- 3 tablespoons oil
- 2 eggs

Heat oven to 375°F. Grease and flour bottom only of 9x5-inch loaf pan. In small saucepan, bring water to a boil. Remove from heat; stir in oats. Set aside. In large bowl, combine remaining ingredients. Add oat mixture; stir by hand 50 to 75 strokes until dry particles are moistened. Spoon into greased and floured pan. Bake at 375°F. for 55 to 65 minutes or until dark golden brown and toothpick inserted in center comes out clean. Cool 15 minutes; remove from pan. Cool completely. Wrap tightly; store in refrigerator. 1 (16-slice) loaf.

HIGH ALTITUDE – Above 3500 Feet. Add 2 tablespoons flour to dry bread mix. Bake at 375°F. for 45 to 55 minutes.

NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1 SLICE		PERCENT U.S. RDA PER SERVING
CALORIES	180	9%
PROTEIN	3g	6%
CARBOHYDRATE	30g	10%
FAT	6g	9%
CHOLESTEROL	25mg	8%
SODIUM	130mg	5%
POTASSIUM	190mg	5%

*Contains less than 2% of the U.S. RDA of this nutrient

SPECIAL FEATURE

A FRESH APPROACH TO CEREALS

Whole grain cereals, whether hot or cold, have become increasingly popular as healthy breakfast choices. It was quite by accident that one ready-to-serve cereal was discovered in the early 1900s. It seems a man in a health clinic was feeding bran to one of his patients. One morning while vigorously stirring the bran, some of it splashed onto the hot stove. Thin wafers or flakes formed, crisp and quite tasty. Voila! Technology was born that is still used in the manufacture of cereals today.

Natural whole grain cereals are a rich source of vitamins, minerals and dietary fiber. But cereal products can be milled and refined, which reduces some natural nutrients. Manufacturers of these cereals fortify them with vitamins and minerals, however, dietary fiber is reduced. For maximum dietary fiber, look for the words "whole grain" on the package. Reading labels can help you find the cereals that are right for you. Ingredients are listed in descending order of amount so you can identify nutritional value and note additions such as sugar, salt and coconut or palm kernel oils. When milk is served with cereals, calcium and protein levels are boosted.

New Ideas for Whole Grain Cereals:

- Dried fruits add a flavorful twist to hot or cold cereals. Sprinkle dried currants, chopped dates, dried apricots, raisins or prunes over your favorite cold cereal or toss in a handful while stirring hot cereal. Dried currants have almost twice as much fiber as raisins, yet are lower in calories.
- For a new taste treat, top hot cereals with a dollop of plain or flavored yogurt. Milk or yogurt adds protein and calcium.
- Nuts can add crunch and flavor, too. Try sliced almonds, chopped pecans, peanuts, sunflower or macadamia nuts.
- A breakfast surprise can be as simple as combining two of your favorite ready-to-serve breakfast cereals.
- A microwave oven can make quick work of cooking hot cereals. Most packages include directions and single-serve packaging allows everyone in the family to choose his or her favorite.
- New varieties of cereals are readily available. Try some like oat bran, chocolate cream of wheat, couscous or grits.
- Perk up a favorite hot cereal by adding a sprinkling of cardamom or cinnamon, a drizzle of honey, maple syrup or molasses, or a few drops of flavoring (almond, raspberry, orange, lemon, mint or maple) to the liquid measurement before cooking.
- Whole grain cereal additions can add extra fiber, flavor and healthfulness to many of your homemade cookies, muffins, quick breads and other baked goods. Delicious!

Real maple syrup gives this quick and easy

MAPLE BANANA CEREAL

1 medium banana, sliced
½ cup wheat flakes cereal
2 tablespoons chopped dates
2 tablespoons maple syrup or maple flavored syrup
½ cup half and half or milk

In individual [illegible] bowls, combine banana, cereal and dates; toss gently. Drizzle with maple syrup; pour half and half over cereal mixture. 1 serving

[illegible]

The benefits of eating [illegible] one of the most important is its warm and comforting flavor. In this recipe, we've added fruits and nuts to create a deliciously different version of an old favorite.

PINEAPPLE OATMEAL

1½ cups water
8 oz. can pineapple tidbits, undrained
½ cup quick cooking rolled oats
¼ cup raisins
¼ cup chopped walnuts
2 tablespoons brown sugar
¼ teaspoon cinnamon
¼ cup milk

In medium saucepan, combine water [illegible] stir in oats. Cook for 1 minute, stirring occasionally. Remove from heat; stir in remaining ingredients except milk. [illegible] serving bowls. Pour ¼ cup milk over each serving. 3 servings

Microwave Directions
In 2-quart microwave-safe casserole [illegible] Microwave on HIGH for 5½ to 6½ minutes or until boiling. Stir in oats. Microwave on HIGH for 30 to 60 seconds or [illegible] once during cooking. Continue as directed above.

[illegible]

[illegible] crunch and flavor to a [illegible] breakfast favorite. Hot cereal is a [illegible] quick and easy choice for [illegible].

GRANOLA WHEAT CEREAL

1½ cups water
[illegible] cup uncooked hot wheat cereal
½ cup granola
2 tablespoons honey
¼ cup coconut
½ cup milk

[illegible] to low. Cook 1 minute, stirring frequently. Remove from heat. Stir in granola and honey. Cover; let stand 1 minute. Spoon into serving bowls. Sprinkle each serving with 2 table[illegible] each serving, 2 servings.

MICROWAVE DIRECTIONS
In 1-quart microwave-safe casserole, combine water and hot wheat cereal. Microwave on HIGH for 3 to 4 minutes or until mixture boils and thickens, stirring twice during cooking. Continue as directed above.

[illegible]

Although couscous is not a traditional breakfast food, we suggest it as a delightful new idea in this recipe. The flavor is slightly sweet and the yogurt adds a delicious creamy texture.

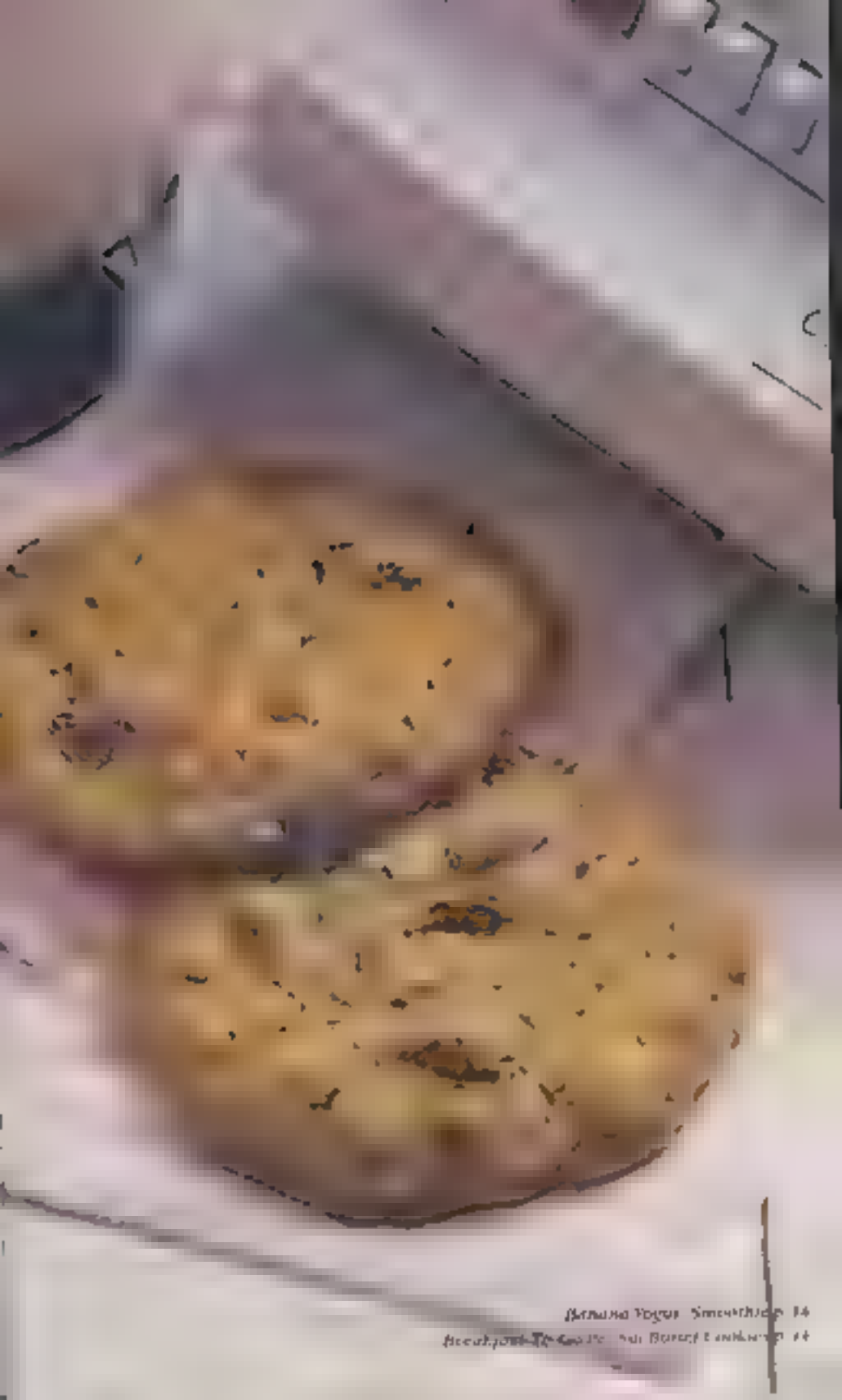
COUSCOUS CEREAL WITH YOGURT

[illegible] cup orange juice
[illegible] tablespoon sugar
[illegible] cup uncooked couscous
½ cup slivered almonds
Strawberry yogurt

In small saucepan, combine orange juice and sugar. Bring to a boil over medium heat. Remove from heat; stir in couscous. Cover; let stand 5 minutes. Stir in almonds. Serve topped with [illegible].

MICROWAVE DIRECTIONS
In 2-cup microwave-safe measuring [illegible]
Microwave on HIGH for 2½ to 3 minutes or until boiling. Stir in couscous. Cover; let stand 5 minutes. Stir in almonds. Serve topped with straw[illegible].

[illegible]



These hearty, nutritious cookies are great for breakfast on the run. The hint of honey flavor is sure to win over your tasters.

BREAKFAST TO GO PEANUT BUTTER COOKIES

- 1 cup crunchy peanut butter
- 1 cup honey
- ½ cup oil
- 1 teaspoon vanilla
- 2 eggs
- 2 cups Pillsbury's BEST® Whole Wheat Flour
- ½ cup oat bran
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 cup crisp rice cereal
- 1 cup raisins

Heat oven to 350°F. In large bowl combine peanut butter, honey, oil, vanilla and eggs; blend well. Lightly spoon flour into measuring cup; level off. Stir in flour, oat bran, baking [illegible] well. Stir in crisp rice cereal and raisins. Drop by rounded tablespoon onto 3 inches apart onto ungreased cookie sheets. Bake at 350°F for 10 to 12 minutes or until golden brown. Cool 1 minute; remove from cookie sheets. Store tightly covered. 16 to [illegible]

HIGH ALTITUDE: Above 3500 Feet: Add 2 tablespoons flour to dry ingredients. Bake as directed above.

[illegible]

BANANA YOGURT SMOOTHIE

- 1 medium banana, cut up
- ½ cup milk
- 8 oz. carton strawberry yogurt
- 1 to 2 tablespoons sugar
- [illegible]

In blender container combine all [illegible] Cover; blend at medium [illegible] Serve immediately. 2 (1 cup) servings.

[illegible]

Quick and many [illegible] this change [illegible]

APPLE YOGURT BAGEL TOPPER

- 1 cup chopped apple
- 2 tablespoons [illegible] pecans
- [illegible] cup lemon [illegible] low-fat yogurt
- 4 [illegible] bagels, halved, toasted

[illegible] dients except bagels; blend well. To [illegible]

[illegible]

The egg salad can be made ahead and waiting in your refrigerator to top and bake biscuits for a warm, tasty meal.

EGG SALAD BISCUITS

3 eggs, hard cooked, chopped
1 tablespoon finely chopped green onion
1 tablespoon chopped pimiento
½ teaspoon seasoned salt
2 tablespoons mayonnaise
dash Worcestershire sauce
1 can (package) refrigerated Buttermilk Flaky Biscuits
2 oz. (½ cup) shredded Cheddar Cheese

Heat oven to 375°F. In small bowl combine eggs, onion, pimiento, salt, [illegible]. Set aside. Separate dough into 5 biscuits. On ungreased cookie sheet, press or roll each to 3½-inch circle [illegible] spreading to within ½ inch of edge. Sprinkle each with cheese. Bake at 375°F for 13 to 18 minutes or until golden brown. 5 sandwiches.

NUTRITION INFORMATION PER SERVING
[illegible]

This chewy spread is great to have on hand for on-the-go mornings. Enjoy it on toasted bagels or English muffins.

SWEET 'N FRUITY PEANUT SPREAD

1 cup peanut butter
½ cup pkg. diced mixed fruit bits
2 tablespoons honey

In medium bowl, combine all ingredients; blend well. Serve on your choice of bread, bagels or graham [illegible]

NUTRITION INFORMATION PER SERVING
[illegible]

[illegible] sandwiches for brunch and? Why not, and here is

FROZEN YOGURT SUNDAES

[illegible] granola
2 cups peach frozen yogurt
1 tablespoon coconut
1 to 2 tablespoons orange juice
Peach slices, if desired

[illegible] peach slices. 1 serving.

NUTRITION INFORMATION PER SERVING
[illegible]

The flavor of these hearty muffins will
a treat your family all year with these fall

APPLE CHEESE MUFFINS

1½ cups Pillsbury's BEST® All-
Purpose or Unbleached
Flour
½ cup Pillsbury's BEST®
Whole Wheat Flour
¼ cup sugar
2 teaspoons baking powder
½ teaspoon salt
½ teaspoon allspice
1 cup chopped
peeled apples
1 cup shredded
Cheddar cheese
1 egg
1 cup milk
¼ cup margarine or butter
melted

Heat oven to 375°F. Grease 12 muffin cups lightly spoon flour into meas uring cup; level off. In large bowl combine all purpose flour, whole wheat flour, sugar, baking powder salt, allspice apples and cheese blend well. Add milk, margarine and egg. Stir just until dry ingredients are moistened. (Batter will be thick. Spoon batter into greased muffin cups filling to rim. Bake at 375°F for 18 to 20 minutes or until toothpick inserted in center comes out clean. Serve warm. 12 muffins.

MICROWAVE DIRECTIONS: Prepare muffin batter as directed above. Using 6 cup microwave safe muffin pan, line each with 2 paper baking cups to absorb moisture. Fill cups ⅔ full. Microwave on HIGH for 2½ to 3½ minutes or until toothpick inserted in center comes out clean. Remove muffins from pan and immediately discard paper baking cups. Cool 1 minute before serving. Repeat with remaining batter.

HIGH ALTITUDE: Above 3500 feet: No change.

NUTRITIONAL INFORMATION PER SERVING
Calories
Protein
Carbohydrate
Fat
Sodium
Potassium

COOK'S NOTE

For Perfect Muffins.

A batch of refrigerator muffins is great to

many as you need in the oven to bake. They are ready to eat in minutes!

BRAN MUFFINS

2 cups shreds of whole bran cereal
2½ cups buttermilk*
½ cup oil
2 eggs
2½ cups Pillsbury's BEST* All Purpose or Unbleached Flour
½ cups sugar
1½ teaspoons baking soda
1 teaspoon baking powder
½ teaspoon salt
½ cup raisins if desired

In large bowl [illegible] and buttermilk. let stand 5 minutes until [illegible] blend well. Lightly spoon flour into [illegible] and remaining ingredients. Batter can be baked immediately or stored in tightly covered container in refrigerator for up to 2 weeks.

When ready to bake, [illegible] Grease bottoms only of muffin cups or line with paper baking cups. Fill cups ⅔ full. Bake at 400°F for 18 to 20 minutes or until [illegible] center comes out clean. Serve warm. 24 to 30 muffins.

MICROWAVE DIRECTIONS:
Prepare muffin batter as directed [illegible] Microwave HIGH following times for desired number of muffins as indicated below [illegible] cooking.
2 muffins: 1 minute 15 seconds to 1 minute 45 seconds
4 muffins: 2 to 2½ minutes

TIP: *To substitute for buttermilk, use 2 tablespoons plus 1½ teaspoons vinegar or lemon juice plus milk to measure 2½ cups. Let stand 5 minutes.*

NUTRITION INFORMATION PER SERVING:
[illegible]

In this quick sandwich, the bagels are broiled under the broiler. This method crisps only the cut sides and leaves the rest of the bagel soft and chewy.

EGG 'N BAGEL DIJON

- 2 bagels, halved
- 2 eggs or [illegible] cholesterol free egg product, lowered
- 1 tablespoon [illegible] green onion
- ¼ teaspoon basil leaves
- 1 to 2 teaspoons margarine or butter
- 2 lettuce leaves
- 2 slices (¼-inch thick) Canadian bacon
- 2 teaspoons [illegible] mustard
- 2 [illegible] tomato slices

[illegible] heat for 1 to 3 minutes or until lightly toasted. In small bowl, combine eggs, [illegible] heat. Add Canadian bacon. Cook for about 1 minute on each side or until hot. [illegible] cooked. Spread 2 bagel halves with Dijon mustard; top each with one lettuce leaf, one slice Canadian bacon, one slice tomato, ½ of the egg mixture and remaining bagel half. 2 sandwiches

MICROWAVE DIRECTIONS

[illegible] Microwave on HIGH for 20 to 30 seconds or until melted. Add Canadian bacon. Microwave on HIGH for 45 to 60 seconds or until hot; remove from casserole. Add egg mixture to casserole. Microwave on HIGH for 1 to 1½ minutes or until eggs are set, stirring once halfway through cooking. Let stand 1 minute. Prepare sandwiches as directed above.

[illegible]

"Nutritious and delicious" describes this easy to make breakfast drink. It couldn't be quicker!

HOT MOCHA DRINK

- 1 envelope Pillsbury Chocolate Chocolate Malt or Vanilla Instant Breakfast
- 1 cup low fat milk
- 1 teaspoon instant coffee granules or crystals

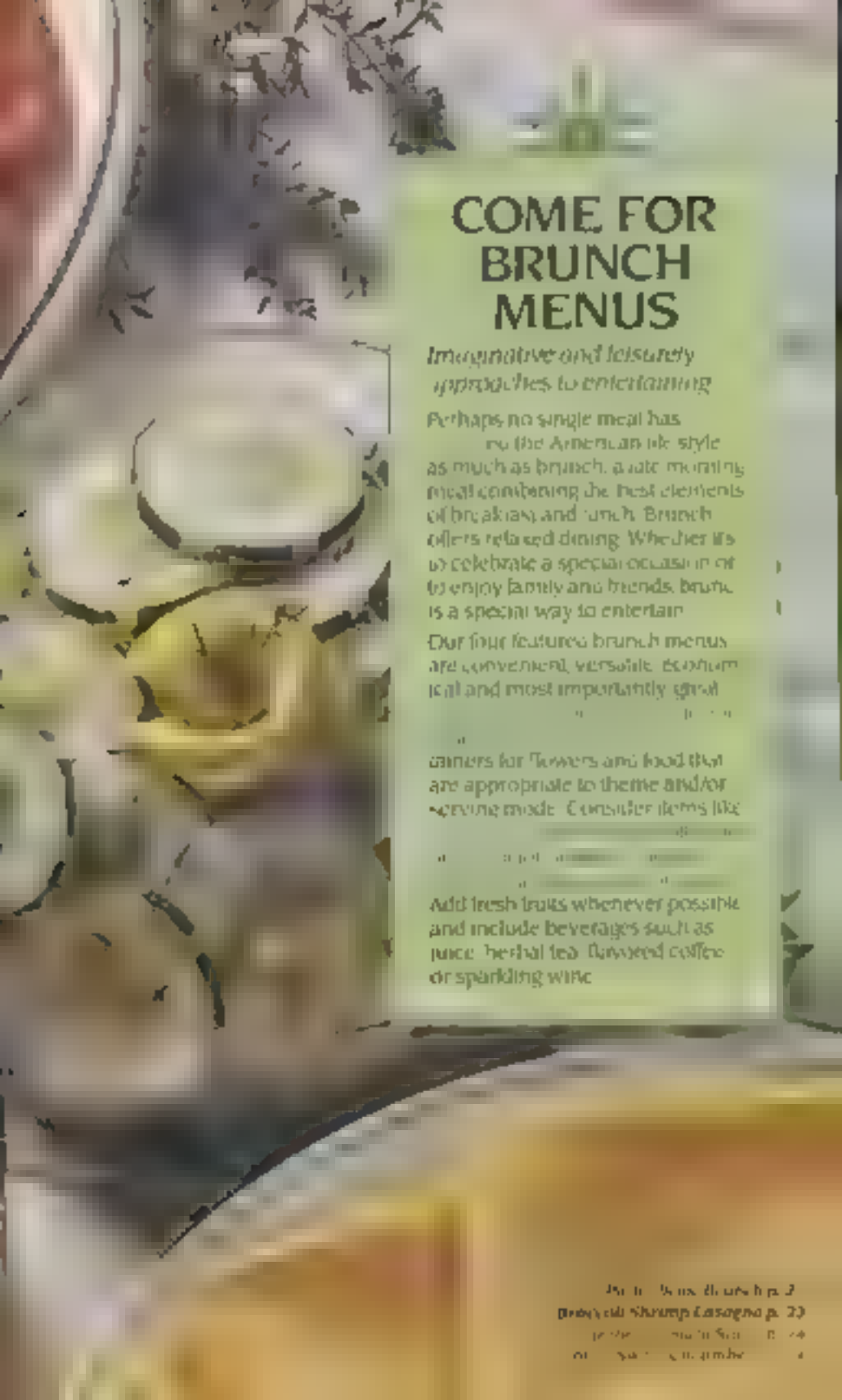
In small [illegible] dients. Heat over low heat until hot, stirring occasionally. 1 (1-cup) serving

MICROWAVE DIRECTIONS

[illegible] all [illegible] well. Microwave on HIGH for 2 to 3 minutes or until hot, stirring once during cooking.

[illegible]

Egg 'n Bagel Dijon



COME FOR BRUNCH MENUS

Imaginative and leisurely approaches to entertaining

Perhaps no single meal has
to the American lifestyle
as much as brunch, a late morning
meal combining the best elements
of breakfast and lunch. Brunch
offers relaxed dining. Whether it's
to celebrate a special occasion or
to enjoy family and friends, brunch
is a special way to entertain.

Our four featured brunch menus
are convenient, versatile, economical
and most importantly, great

ainers for flowers and food that
are appropriate to theme and/or
serving mode. Consider items like

Add fresh fruits whenever possible
and include beverages such as
juice, herbal tea, flavored coffee
or sparkling wine.

Shrimp Lasagna p. 23

PATIO PICNIC BRUNCH FOR EIGHT

A casual outdoor get together

Invite the neighbors over to sample this delicious new version of an old favorite. Serve the light and creamy Broccoli Shrimp Lasagna or delicious eggs stuffed with a rich Mushroom Sauce.

Broccoli Shrimp Lasagna
or
Stuffed Eggs with Mushroom Sauce

Herbed Tomato Slices

Lemon Sweet Cucumbers

*Variety of Sliced Fresh Fruit**

*Crusty Breads**

Yogurt Filled Orange Cups

*Iced Tea or Lemonade**

*Recipe not included

Our Approved Method for Microwave Cooking

Arrange cooked broccoli and lasagna noodles in a 12x8-inch baking dish. Prepare sauce as directed, adding shrimp with the cheese. Pour sauce over broccoli and noodles. Cover and microwave on high (100% power) 10 to 12 minutes or until hot and bubbly. Let stand 10 minutes before cutting to serve.

BROCCOLI SHRIMP LASAGNA

- **6 uncooked lasagna noodles**
- **3 tablespoons margarine or butter**
- **¼ cup flour**
- **¼ cup sliced green onions**
- **¼ teaspoon salt**
- **¼ teaspoon dry mustard**
- **¼ teaspoon thyme leaves**
- **¼ teaspoon cayenne pepper**
- **2½ cups milk**
- **4 oz (1 cup) shredded Monterey jack cheese**
- **16 oz pkg. Green Giant® Harvest Fresh® Frozen Cut Broccoli, cooked crisp-tender drained**
- **10 oz (2½ cups) shredded Cheddar cheese**
- **1 lb. fresh medium-sized cooked shrimp, shelled, deveined**

Cook lasagna noodles to desired doneness as directed on package. Drain; rinse with hot water.

Melt margarine in 2-quart saucepan over medium heat. Stir in onions, salt, dry mustard, thyme, cayenne and milk. Cook, stirring constantly, until mixture boils and thickens. Reduce heat to low; add Monterey jack cheese. Cook, stirring occasionally, about 5 minutes or until cheese is melted.*

Heat oven to 350°F. In ungreased 13x9-inch (3-quart) baking dish, layer ½ cup of the sauce, noodles, all of the broccoli, ½ cup of the Cheddar cheese and 1 cup of the sauce. Top with the remaining noodles, all of the shrimp, 1 cup of the Cheddar cheese and the remaining sauce. Top with the remaining cheese. Bake at 350°F for 30 minutes or until hot and bubbly. Let stand 10 minutes before cutting to serve.

TIPS

* To microwave sauce: place margarine in 4-cup measuring cup. Microwave on high (100% power) 45 seconds or until melted. Stir in flour, onions and seasonings. Gradually stir in milk. Microwave on high 5 to 6 minutes or until boiling, stirring every 2 minutes. Microwave 1 minute longer. Stir in cheese until melted.

NUTRITIONAL INFORMATION PER SERVING

SERVING SIZE: 1/8 OF RECIPE	PERCENT U.S. RDA PER SERVING
[illegible]	[illegible]

COOK'S NOTE

To Microwave Sauces.

[illegible]

and have a fresh crunch. When sliced red, they do not require peeling.

LEMON SWEET CUCUMBERS

- ½ cup sugar
- ½ teaspoon salt
- ½ teaspoon dill weed
- ¼ teaspoon grated lemon peel
- ¼ cup vinegar
- 1 teaspoon lemon juice
- 1 large cucumber, sliced (2 cups)

In large bowl, combine sugar, salt, dill weed, lemon peel, vinegar and lemon juice; mix well. Add cucumber slices; toss to coat. Refrigerate at least 4 hours or overnight. If desired, drain before serving. 8 (¼ cup) servings.

NUTRITION INFORMATION PER SERVING

AMOUNT PER SERVING	% U.S. RDA PER SERVING
[illegible]	[illegible]

HERBED TOMATO SLICES

DRESSING

- 2 tablespoons olive oil
- 2 tablespoons red wine vinegar
- ½ teaspoon sugar
- ½ teaspoon oregano leaves
- ¼ teaspoon salt
- ½ teaspoon prepared mustard

2 medium tomatoes, sliced

In small bowl, combine dressing ingredients; mix well. Arrange tomato slices in serving dish; pour dressing over slices. Refrigerate.

NUTRITION INFORMATION PER SERVING

AMOUNT PER SERVING	% U.S. RDA PER SERVING
[illegible]	[illegible]

Yogurt-Filled Orange Cups

YOGURT FILLED ORANGE CUPS

- 4 medium oranges
- 2 tablespoons sugar
- 3 oz. pkg. cream cheese, softened
- 1 quart raspberry frozen yogurt

Halve oranges; squeeze juice to measure 1/4 cup. In medium bowl, mash orange pulp; stir in sugar. Remove pulp from orange shells; set aside. Cut thin slice from bottom of each orange shell so it will stand upright. Set aside. In small bowl, beat cream cheese and orange juice until smooth. Add yogurt, 1 cup at a time, beating well after each addition. Blend sauce until smooth. Spoon about 1/2 cup frozen yogurt into each orange shell. Top each with 1 to 2 tablespoons of the cream cheese sauce. Garnish with orange slices or mint leaves, if desired. Serve immediately.

NUTRITION INFORMATION PER SERVING:
SERVING SIZE
CALORIES
PROTEIN
CARBOHYDRATE
FAT
CHOLESTEROL
SODIUM

Serve this hearty main dish with muffins
and
included a tip for microwaving the sauce

STUFFED EGGS WITH MUSHROOM SAUCE

- 8 eggs, hard-cooked
- ½ cup finely chopped ham
- ½ teaspoon dry mustard
- ½ teaspoon onion powder
- Dash pepper
- ¼ cup mayonnaise
- ¼ cup margarine or butter
- 4 oz (1½ cups) sliced fresh mushrooms
- ¼ cup flour
- ¼ teaspoon thyme leaves
- ½ to ¾ teaspoon salt
- ¼ teaspoon pepper
- 2 cups milk
- ¾ cup chicken broth
- 2 oz jar chopped pimiento, drained
- 2 tablespoons margarine or butter, melted
- ½ cup dry bread crumbs

Heat oven to 350°F. Remove shells from eggs and halve lengthwise. Carefully remove yolks and place in small bowl. Add ham, mustard, onion powder, dash pepper and mayonnaise; blend well. Fill egg white halves with yolk mixture. Set aside.

Melt ¼ cup margarine in medium saucepan over medium heat. Add mushrooms; cook and stir until tender. Stir in flour, thyme, salt and pepper. Cook 1 minute until smooth and bubbly. Gradually stir in milk and chicken broth. Cook, stirring constantly, until thickened and bubbly. Reduce heat to low; stir in pimiento.

Spoon about [illegible] into bottom of 12x8-inch (2-quart) baking [illegible]. Arrange egg halves over sauce. Sprinkle with [illegible] crumbs; drizzle with [illegible] margarine. Bake uncovered [illegible] minutes. Makes [illegible] servings.

TIPS. [illegible]

[illegible]

[illegible]

NUTRITION INFORMATION PER SERVING

SERVING SIZE 1	AMOUNT PER SERVING	% DAILY VALUE*
[illegible]	[illegible]	[illegible]

FIESTA FAMILY BRUNCH FOR EIGHT

A festive family affair.

[illegible] and provide afternoon entertainment.

Salsa Salad in Avocado

Vegetable Tortilla Stacks
or
Mexican Egg Bake

Kiwi Limeade

*Variety of Melon Wedges**

Cinnamon Cookie Crisps

Avocados are a good source of vitamin A

SALSA SALAD AVOCADO

¼ cup oil
3 tablespoons white wine vinegar
1 tablespoon lime juice
2 teaspoons sugar
½ teaspoon salt
½ teaspoon garlic powder
1 cup chopped tomato
1 cup chopped ham
½ cup whole kernel corn
2 tablespoons chopped green chilies
4 medium ripe avocados, halved lengthwise

To make flat bottom on avocado halves, cut small slice from under side. To serve, spoon tomato mixture

NUTRITION INFORMATION PER SERVING

Fiesta Family Brunch p. 27
Vegetable Tortilla Stack p. 30
Salsa Salad in Avocado
Kiwi Limeade

This refreshing beverage is tangy and tasty. Serve it on a large, hot day.

KIWI LIMEADE

12 oz. can frozen limeade concentrate, thawed
1 liter bottle (about 4 cups) lemon lime flavored carbonated beverage
3 kiwi fruit
Crushed ice or small cubes

NUTRITION INFORMATION PER SERVING
SERVING SIZE

COOK'S NOTE

About Avocados:

The combination of flavors in this stacked Mexican dish is delicious on its own, served with your choice of fillings or toppings. Some ideas for these toppings are listed below.

VEGETABLE TORTILLA STACKS

- 2 tablespoons oil
- ¼ cup chopped green bell pepper
- ¼ cup chopped red bell pepper
- ¼ cup chopped onion
- ½ cup picante sauce
- 16-oz. pkg. Green Giant Valley Combinations™ Frozen Broccoli Cauliflower Supreme
- 8 (8-inch) flour tortillas
- 16-oz. can refried beans
- 8 oz. (2 cups) shredded Monterey Jack cheese
- 8 oz. (2 cups) shredded Cheddar cheese
- Green and red bell pepper rings
- Pitted ripe olives
- Picante sauce
- Dairy sour cream

Heat oven to 375°F. Heat oil in medium [illegible] Add chopped green pepper, chopped red pepper and chopped onion. Cook and stir until tender. Stir in ½ cup picante sauce. Cook Broccoli Cauliflower Supreme [illegible] according to package directions; drain. Cut up larger pieces if necessary.

Place 2 tortillas side by side on large ungreased cookie sheet. Spread each with about ¼ cup of the beans and ¼ of the pepper mixture. Top each [illegible] between tortilla stacks; sprinkle each [illegible] mixture; place one on each [illegible] with [illegible] with 1 cup of the Cheddar cheese [illegible].

Cut into wedges. 8 servings.

TIP: To fry tortillas: heat 4 tablespoons oil in 10-inch skillet over medium heat. Fry tortillas in hot oil for 5 to 10 seconds on each side until lightly [illegible].

NUTRITION INFORMATION PER SERVING:

[illegible]

Vegetable Tortilla Stacks

the light, crispy texture.

CINNAMON COOKIE CRISPS

10 6-inch flour tortillas
6 oz pkg (1 cup) semi-sweet chocolate chips
1 tablespoon shortening
¼ cup powdered sugar
½ teaspoon cinnamon

[illegible] tortillas [illegible] pizza cutter [illegible] wedges. [illegible] tortilla wedges [illegible] ungreased [illegible] Bake [illegible] golden brown.

[illegible] chocolate chips and shortening [illegible] Stir [illegible] chocolate [illegible] smooth. [illegible]

In plastic bag, combine powdered [illegible]

NUTRITION INFORMATION PER SERVING
[illegible]

Broiling is preferable.

MEXICAN EGG BAKE

6 corn tortillas
12 eggs
½ cup milk
4 oz (1 cup) shredded Cheddar cheese
4 oz (1 cup) shredded Monterey Jack cheese
½ cup chopped red bell pepper
4 oz can diced green chiles, drained
1 tablespoon oil
1½ cups sliced fresh mushrooms
½ medium green bell pepper cut into ½-inch long strips
10 oz can enchilada sauce

[illegible] tortillas [illegible] Arrange [illegible] Beat [illegible] Pour [illegible]

[illegible] Bake [illegible] Let [illegible] Cut [illegible] Top [illegible] Garnish [illegible] Yield [illegible]

NUTRITION INFORMATION PER SERVING
[illegible]

TAILGATING PICNIC BRUNCH FOR EIGHT

A portable feast for the great outdoors

Orange Basil Marinated Chicken

Bacon Cheese Cucumber Slices

Zesty Tomato Soup

Orange Basil Marinated Chicken

Broccoli Potato Salad

Ribbon Raspberry Salad

Molasses Bran Muffins

*Variety of Individual Fruit Juices**

Mocha Brownies
or
Chocolate Chip Oatmeal Cookies

Keep chicken cold until ready to serve. You will enjoy the slightly sweet herb flavor of

ORANGE BASIL MARINATED CHICKEN

- 4 whole chicken breasts, skinned, halved
- ½ cup orange juice
- ½ cup oil
- 2 tablespoons honey
- 2 tablespoons chopped fresh parsley
- [illegible] teaspoons dried basil leaves
- ½ teaspoon grated orange peel
- ¼ to ½ teaspoon salt
- ¼ teaspoon pepper

Arrange chicken breast halves in [illegible] inch (3 qt.) rectangular metal baking dish or small bowl. Combine remaining ingredients; pour over chicken. Cover with foil; refrigerate 6 to 8 hours.

Drain chicken; discard marinade. DO NOT USE MARINADE AGAIN. Bake at 375°F for 30 minutes. Uncover; continue to bake 20 to 30 minutes, basting frequently until chicken is tender and no longer pink. Drain. Cool chicken. Wrap chicken tightly; refrigerate until serving time. Serve cold. 8 servings.

TIP [illegible]

[illegible]

BROCCOLI POTATO SALAD

SALAD

- [illegible] pkg. Green Giant frozen Broccoli Cuts
- 4 cups peeled, diced, cooked potatoes
- [illegible] green onions, sliced
- 2 oz. jar chopped pimiento, drained

DRESSING

- ½ cup mayonnaise
- 1 tablespoon Dijon mustard
- 1 teaspoon sugar
- ½ teaspoon salt
- ¼ teaspoon pepper

Cook broccoli until crisp-tender as directed on package. Drain; cool. In [illegible] combine sliced potatoes, [illegible] onions and pimiento. Add dressing ingredients. Add dressing mixture to salad mixture; stir gently [illegible]

[illegible]

Tailgating Picnic Basics on page 33
Orange Basil Marinated Chicken
Broccoli Potato Salad
Italian Cheese Cucumber Slices on page 36

BACON CHEESE CUCUMBER SLICES

- ½ pkg cream cheese, softened
- 6 slices bacon, cooked, crumbled
- cooked, crumbled
- ¼ cup chopped green onions
- ¼ teaspoon Worcestershire sauce
- 2 large cucumbers

chopped green onions and

Using serrated knife, hollow out inside of each cucumber, removing all seeds. Using small spoon, firmly fill each

Refrigerate at least 2 hours or over

slices

ZESTY TOMATO SOUP

- 6 to 8 medium tomatoes, peeled, seeded and chopped
- ½ cup chopped onion
- 1 tablespoon chopped parsley
- 2 teaspoons sugar
- ½ teaspoon cayenne pepper

Simmer 30 minutes

TIP

COOK'S NOTE

About Tomatoes:

Molasses gives these high fiber muffins a rich flavor and moist texture.

MOLASSES BRAN MUFFINS

- 2 cups shreds of whole bran cereal
- 1 1/4 cups milk
- 1/2 cup molasses
- 1/4 cup shortening
- 1 egg
- 1 1/2 cups Pillsbury's BEST® All Purpose or Unbleached Flour
- 1/2 cup sugar
- 1 1/2 teaspoons baking soda
- 1/2 teaspoon salt
- 1/2 cup raisins

Heat oven to 400°F. Line with paper baking cups or grease 18 muffin cups. In medium bowl, combine cereal, milk and molasses; let stand 1 to 2 minutes until cereal is softened. Add shortening, [illegible] into measuring cup; level off. In large bowl, combine flour, sugar, baking soda and salt; mix well. Stir in raisins. Add cereal mixture; all at once, stir just until dry ingredients are moistened. Fill lined or greased muffin cups 2/3 full. Bake at 400°F for 14 to 18 minutes or until toothpick inserted in center comes out clean. Immediately remove from muffin cups. 18 muffins.

HIGH ALTITUDE (Above 3500 Feet): No change.

[illegible]

Adding chocolate chips to the dough makes these cookies extra special.

CHOCOLATE CHIP [illegible]

- 1/2 cup sugar
- 1/2 cup firmly packed brown sugar
- 1/4 cup oil
- 1 teaspoon vanilla
- 1 egg
- 1 cup Pillsbury's BEST® All Purpose or Unbleached Flour
- 1/2 cup quick cooking rolled oats
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 6 oz pkg (1 cup) semi-sweet chocolate chips

Heat oven to 375°F. In large bowl, [illegible] and egg; beat at medium speed until well blended. Lightly spoon flour into measuring cup; level off. Add flour, oats, baking powder and salt; mix well. Stir in chocolate chips. Drop dough by rounded teaspoonfuls 2 inches apart onto ungreased cookie sheets. Bake at 375°F for 8 to 12 minutes or until light golden brown. Cool 1 minute before removing from cookie sheets. Cool completely. 3½ dozen cookies.

[illegible]

[illegible]

[illegible] flavor highlights these chewy brown bars. They are nice to have on hand for the family. If dry ingredients are sorted, store them tightly [illegible]

MOCHA BROWNIES

BROWNIES

- ½ [illegible] pkg. Pillsbury Deluxe Fudge Brownie Mix
- ¼ cup hot water
- ¼ cup oil
- 1 egg
- 1 teaspoon instant coffee granules or crystals

FROSTING

- ½ cup semi-sweet chocolate chips
- 2 tablespoons water
- 2 tablespoons margarine or butter
- ½ teaspoon instant coffee granules or crystals
- ½ cup powdered sugar

In a oven to 350° F. Grease bottom only of 8 or 9 inch square pan; in large bowl combine all brownie ingredients [illegible] 20 to 25 minutes. DO NOT OVERBAKE. Remove from oven; cool.

[illegible] bine chocolate chips, 2 tablespoons water, margarine and ½ teaspoon [illegible] until smooth. Remove from heat. Blend [illegible] brownies. Cool completely. Cut into bars to brownies.

[illegible] Answer 45(10 free) Add 3 tablespoon flour to dry [illegible] brownie mix. Bake as directed above.

[illegible]

This salad has a wonderful fruity flavor. To take one portion, perfect it in a plastic sandwich bag and keep it cold until serving time.

RIBBON RASPBERRY SALAD

- 2 [illegible] pkg. [illegible] raspberry flavor gelatin
- 1½ cups boiling water
- 10-oz. pkg. frozen raspberries
- 2 (8-oz.) cans crushed pineapple, undrained
- 1 banana, sliced
- 1 cup dairy sour cream

[illegible] water. Add frozen raspberries, stir until thawed. Stir in pineapple and banana. Pour about ½ of gelatin mix [illegible] square pan; refrigerate 30 minutes or until firm. Set remaining gelatin mix [illegible] ng gelatin mixture over sour cream. Refrigerate at least 2 hours or until [illegible]

[illegible]

SUNRISE BREAKFAST FOR TWO

A special meal to share with a special person

Sprout Frittata for Two
or
Calypso Eggs

Peaches with Cinnamon Cream

Orange Date Mini Muffins

or

Raspberry Sauced Waffles

and

Tea for Two

Apple Juice

This entree for two is super quick to make. The delightful combination of ingredients is delicious any time of the day.

SPROUT FRITATA FOR TWO

4 eggs or ½ cup frozen cholesterol-free egg product, thawed
1 tablespoon milk
¼ teaspoon onion powder
¼ teaspoon oregano leaves
Dash salt
Dash pepper
1 tablespoon margarine or butter
½ cup chopped red bell pepper
1 cup alfalfa sprouts
¼ cup cashews
2 oz (½ cup) shredded mozzarella cheese

In medium bowl, combine eggs, milk, onion powder, oregano, salt and pepper; beat well. Melt margarine in 8-inch skillet over medium heat. Add red pepper; cook until crisp-tender. Remove from skillet; reduce heat to low. Add egg mixture to skillet. Cover; cook 6 to 10 minutes or until set and thoroughly cooked. Top with alfalfa sprouts, cashews and red pepper. Sprinkle with cheese; cover. Remove from heat. Let stand for 3 to 5 minutes or until cheese is melted. 2 servings

MICROWAVE DIRECTIONS

Place margarine in 8-inch (1½-quart) round microwave-safe dish. Microwave on HIGH for 30 to 40 seconds or until melted. Add red pepper. Microwave on HIGH for 1½ to 2½ minutes or until crisp-tender. Remove from dish. Add egg mixture to dish; cover with [illegible] for 4 to 6 minutes or until set and thoroughly cooked, rotating dish ½ turn halfway through cooking. Top with alfalfa sprouts, cashews and red pepper. Sprinkle with cheese; cover. [illegible] for 1½ to 1½ minutes or until cheese is melted. Let stand 1 minute.

SUNRISE BREAKFAST
Sprout Frittata for Two
Tea for Two
Orange-Date Mini-Muffins p. 43

Charming and special tea for two! Serve with lemon wedges and sugar, if desired.

TEA FOR TWO

[illegible] pot with boiling water; let stand to [illegible]

cold water just to boiling. (Do not use a copper, brass or iron pot.) Pour out water in serving pot. Add 2 teaspoon fulls tea leaves or 2 tea bags; cover with hot water. Steep 3 to 5 minutes. Strain tea leaves or remove tea bags.

Pillsbury Quick Bread Mix makes these tiny muffins very easy to make.

ORANGE DATE MINI-MUFFINS

- 1 pkg. Pillsbury Date Quick Bread Mix
- ½ cup orange juice
- ½ cup water
- 1 tablespoon oil
- 1 egg
- 2 teaspoons grated orange peel
- 2 tablespoons sugar

Heat oven to 375°F. Generously grease

combine bread mix, orange juice

Stir 75 strokes until dry particles are moistened. Fill greased muffin cups ⅔ full. Sprinkle muffins evenly with sugar. Bake at 375°F for 12 to 15 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes, remove from muffin cups. 36 muffins.

TIPS: Two-inch foil baking cups can also be used. Place cups on cookie sheet, fill ⅔ full. Bake as directed above. 24 muffins.

HIGH ALTITUDE: Above 3500 feet. No change.

[illegible]

[illegible]

fresh fruit dish.

PEACHES WITH CINNAMON CREAM

- 8 oz. carton vanilla yogurt
- ¼ teaspoon cinnamon
- 1 teaspoon honey
- 1 fresh peach, sliced
- ¼ cup muesli cereal or granola

In small bowl, combine yogurt, cinna

[illegible]

sweet peaches. Sprinkle each with 2 tablespoons of the muesli cereal.

[illegible]

[illegible]

CALYPSO EGGS

[illegible] tablespoon [illegible] or butter
½ cup chopped [illegible] green bell pepper
2 tablespoons sliced green onions
½ cup shredded [illegible] cheese
2 drops hot pepper sauce
Dash salt
Dash pepper
3 eggs, beaten

[illegible] medium heat. Add red pepper and onions; cook and stir until tender. In

[illegible]

MICROWAVE DIRECTIONS

In 1-quart microwave-safe

Stir in red pepper and onions. Micro

until tender, stirring once during cook

In small bowl, combine

Cover tightly. Microwave on High for 2 to 3½ minutes or until eggs are set and thoroughly cooked, stirring once every minute.

These burst-style waffles have a lovely texture that is wonderful with the fresh, sweet raspberry sauce. Rinse berries just before using to preserve their firmness and flavor. For convenience, waffle batter can be made up to 24 hours ahead of time. Cover and refrigerate until ready to bake.

RASPBERRY SAUCED WAFFLES

SAUCE

- ¼ cup sugar
- 2 teaspoons cornstarch
- ¼ cup water
- ½ cup fresh or frozen raspberries, thawed
- ½ teaspoon grated lemon peel

WAFFLES

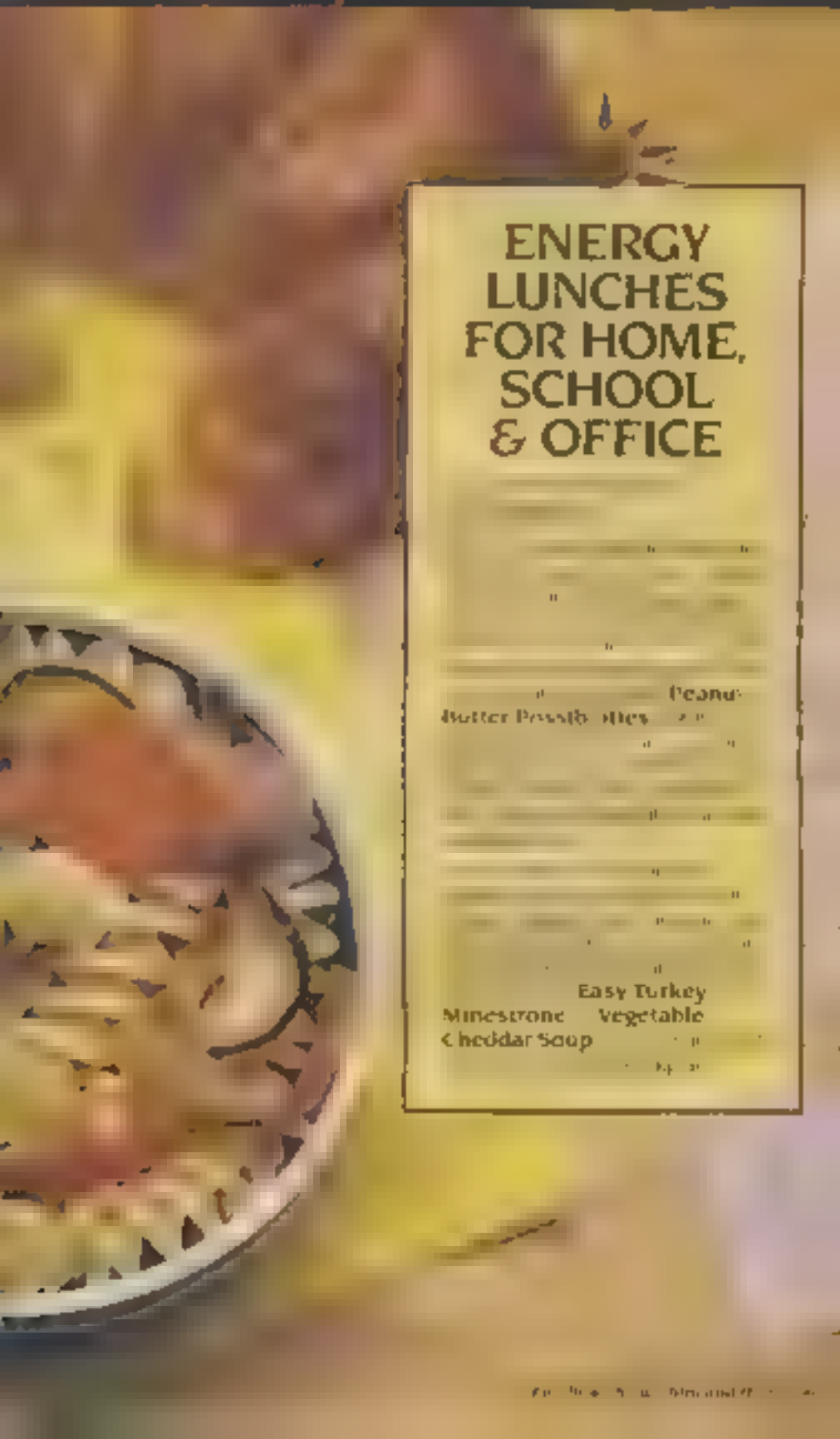
- 1 egg
- 1 cup buttermilk
- 1 cup Pillsbury BEST All-Purpose Flour
- 2 teaspoons sugar
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon grated lemon peel
- ¼ cup margarine, melted

In small saucepan, combine ¼ cup sugar and cornstarch; stir in water and ½ cup of the raspberries. Cook over medium heat until mixture boils and thickens, stirring constantly. Remove from heat; stir in ½ teaspoon lemon peel. Cool 1 hour. Fold in remaining raspberries.

Heat waffle iron. In medium bowl, combine egg and buttermilk; beat well. Lightly spoon flour into measuring cup; level off. Add flour and remaining waffle ingredients; beat until well blended. Bake in hot waffle iron for 3½ to 5 minutes or until waffle is golden brown. Repeat for remaining waffles. Serve with raspberry sauce.

4 to 6 waffles

TIPS


ENERGY
LUNCHES
FOR HOME,
SCHOOL
& OFFICE
Peanut
Butter Possibilities
Easy Turkey
Minestrone
Vegetable
Cheddar Soup

Fennel has a delicate licorice like flavor that is wonderful in this quick and easy pasta dish. Serve it as a quick lunch at home or keep it hot in a thermos for lunch away from home.

FUSILLI WITH ZUCCHINI AND HAM

- 6 oz. (1½ cups) uncooked short fusilli or rotini
- 1 small garlic clove, minced
- 1 tsp. olive or vegetable oil
- ½ cup chopped onion
- 2 cups sliced zucchini
- 4 oz. cooked ham, cut into ½ x 2-inch strips
- ½ teaspoon fennel seed

Cook fusilli to desired doneness as directed on package. Drain; rinse with hot water. Keep warm.

Heat oil in large skillet over medium heat. Add garlic and onion. Cook, and stir until crisp-tender. Add zucchini; cook for 1 to 2 minutes or until crisp-tender. Stir in ham and fennel seed; cook for 1 to 2 minutes or until thoroughly heated. Add fusilli; toss gently to combine. 4 (1½ cup) servings.

➡ MICROWAVE DIRECTIONS: Prepare fusilli as directed above. In 3-quart microwave-safe casserole combine oil, carrots and onion; cover tightly. Microwave on HIGH for 3 to 4 minutes or until crisp-tender, stirring once halfway through cooking. Stir in zucchini; cover tightly. Microwave on HIGH for 2 minutes or until crisp-tender. Add ham and fennel seed; stir gently. Microwave on HIGH for 1½ to [illegible]

Add fusilli; toss gently to combine.

[illegible]

The taste is enhanced by an aromatic bell pepper flavor in these hearty sandwiches. They are wonderful served with sliced tomato.

BACON TURKEY BURGER MELT

- 4 slices bacon, cut into ½ inch pieces
- [illegible] chopped green bell pepper
- 1 lb. ground [illegible]
- ¼ teaspoon salt
- ¼ teaspoon onion powder
- ¼ teaspoon cayenne pepper
- [illegible] cup (¼ cup) shredded mild Cheddar cheese
- 4 oz. (¼ cup) shredded mild Cheddar cheese
- Rye sandwich buns

Cook bacon until crisp in medium skillet over medium-high heat; drain. Reserve 1 tablespoon drippings in skillet. Add green pepper. Cook until crisp-tender, stirring frequently; drain.

In medium bowl, combine ground turkey, salt, onion powder, pepper and Worcestershire sauce; mix well. Form into four ½-inch thick patties. Broil 4 to 6 inches from heat for 8 to 10 minutes or until turkey is no longer pink, turning patties once during cooking. Top each patty with ¼ of the bacon and green pepper; sprinkle each with ¼ of the cheese. Broil for 1 to 2 minutes or until cheese is melted. Serve on rye sandwich buns. 4 sandwiches.

[illegible]

MICROWAVE DIRECTIONS

Place bacon in 1-quart microwave

Microwave on High for 3 to 4 minutes

to 2 minutes or until crisp-tender

Prepare turkey patties as directed

ing rack, cover with waxed paper. Microwave on High for up to 2½ min

utes or until turkey is no longer pink.

Beeves. Microwave on High for to 2 minutes or until cheese is melted. Serve on rye sandwich buns.

These small sandwiches have a crunch

as well as subtle

APPLE BROWN BREAD SANDWICH SNACKS

½ cup creamed cottage cheese

2 oz (½ cup) shredded Swiss cheese

¼ cup chopped dried apricots or other dried fruit

2 tablespoons soft cream cheese with pineapple

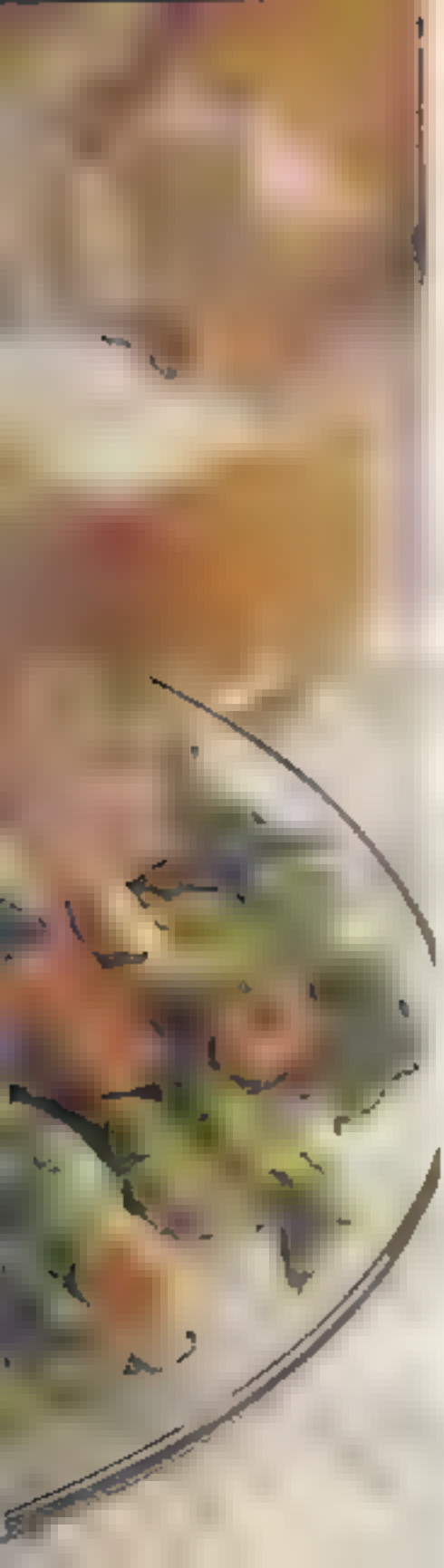
8 slices canned prepared brown bread

1 red apple, cored and finely chopped

cheese. Swiss cheese, apricots and

2 tablespoons of the cheese mixture

TIP: Cheese mixture can be prepared in



APPLE BEEF SALAD

DRESSING
- [illegible]
- [illegible]
- 2 tablespoons cider vinegar
- 2 teaspoons lemon juice

SALAD
- 2 cups firmly packed fresh spinach leaves, torn into bite sized pieces
- 6 oz. thinly sliced roast beef, cut into 2x1 inch strips
- 1 medium apple, chopped
- ½ cup peanuts

In jar with tight fitting lid, combine all dressing ingredients; shake well.

[illegible] Yield: 3 1/2 cup servings

- [illegible]

Apple Beef Salad

A unique way to serve a tasty salad

TACO SALAD WEDGES

15 oz pkg Pillsbury All Ready Pie Crusts
1 teaspoon flour

FILLING
1 lb ground beef, browned, well drained
½ teaspoon garlic powder
½ teaspoon salt
4 oz can chopped green chiles
1 cup (1 medium) chopped tomato
½ cup sliced ripe olives
6 oz container frozen guacamole dip, thawed
4 oz (1 cup) shredded Cheddar cheese
½ cup dairy sour cream
½ cup shredded lettuce
3 medium tomato, cut into wedges
2 tablespoons sliced green onions
Tortilla chips
Salsa, if desired

Heat oven to 450°F. Prepare pie crust according to conventional or microwave* package directions for *unfilled one-crust pie* using 9 inch pie pan [illegible] use. Bake at 450°F for 9 to 11 minutes or until lightly browned. Cool

In medium bowl, combine browned [illegible] Sprinkle with cheese. Spread sour [illegible]

TIP: *Look for microwave directions on inside label of package.

[illegible]

CHEESY CHICKEN SANDWICHES

4 oz (1 cup) shredded mild Cheddar cheese
5 oz can [illegible] chicken, packed in water, drained
4 [illegible] can chopped green chiles, drained
[illegible] pkg cream cheese, softened
6 bagels or English muffins, halved

MICROWAVE DIRECTIONS
In medium bowl, combine all ingre[illegible] Sandwiches. 6 sandwiches

[illegible]

TUNA ROLL-UPS

cup shredded carrots
½ cup sliced green onions
¼ cup chopped pimiento-stuffed olives
1 tablespoon mayonnaise
1 teaspoon Dijon mustard
½ teaspoon dried dill weed
4 (8 inch) flour tortillas
cup alfalfa sprouts

In medium bowl, combine carrots, onions, mayonnaise, pickle juice and tuna; mix well. Spread about ½ cup of tuna mixture down center of each tortilla. Top with 2 tablespoons of the alfalfa sprouts. Roll each up tightly. 4 sandwiches.

COOK'S NOTE

For Cold Lunches

Include ice pack

Make ahead

Cold storage

PEANUT BUTTER POSSIBILITIES

Peanut butter is a favorite with kids of all ages for good reason. It tastes great. And it's also a nutritional giant. Peanut butter is rich in protein, phosphorus, niacin, thiamine and [illegible] with cholesterol. Spread whole grain bread and served with milk, peanut butter provides a good source of protein.

Peanut butter was first invented in 1890 by a doctor. He ground roasted peanuts and filtered it to the patients as an easily digested food. Today, peanut butter is available smooth and creamy or chunky with bits and pieces of peanuts.

[illegible] butter ready to which you may add other [illegible] ingredients. Note: Judee's all natural

For a taste treat well beyond traditional peanut butter and jelly, we

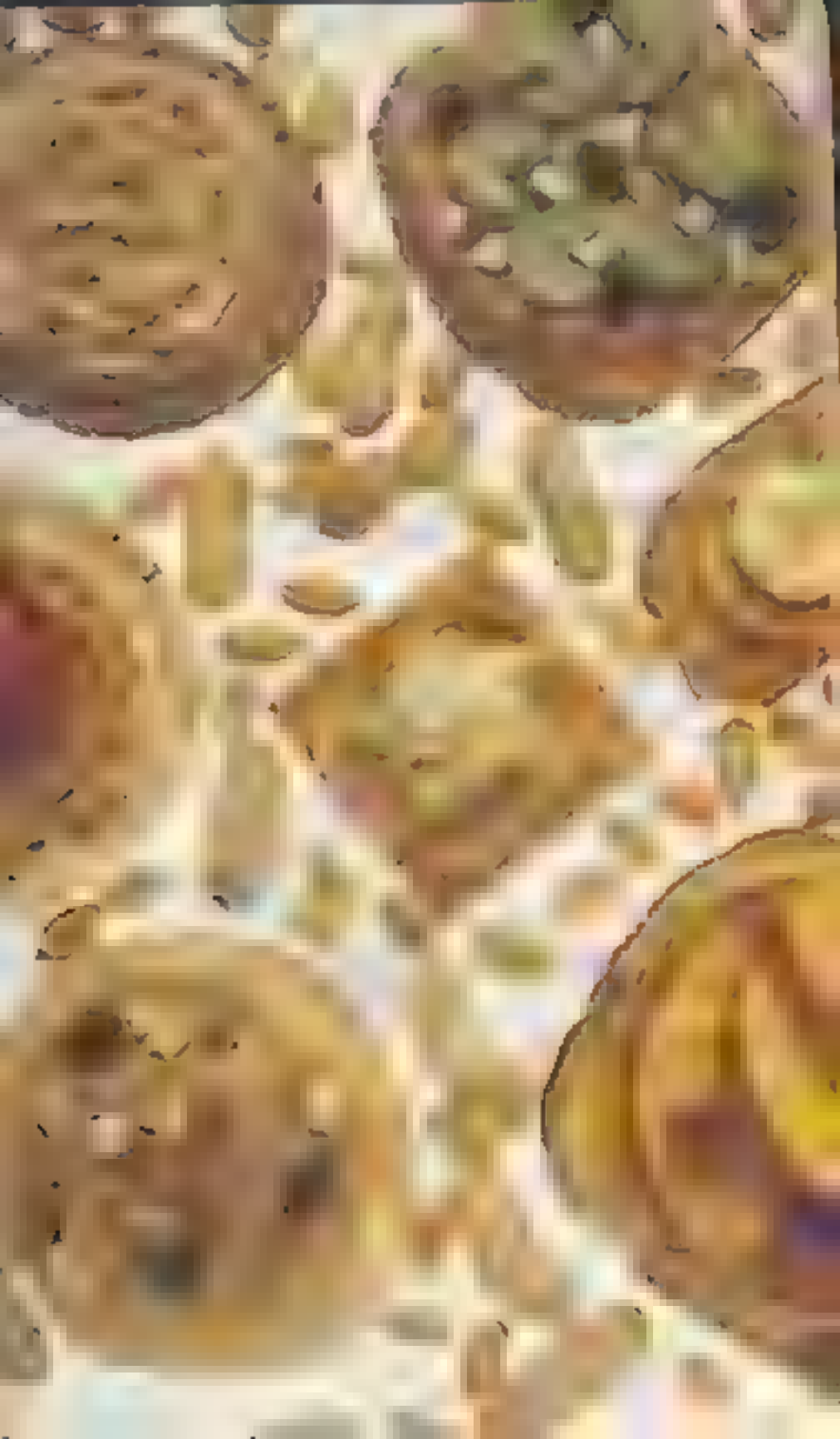
Peanut Butter Possibilities to enjoy as they are or as creative stimulus for more ideas.

Whether you choose creamy or chunky style, peanut butter is a quick, nutritious choice for lunch. It does not usually need to be refrigerated and is always delicious. We have listed below tasty ideas that combine peanut butter with other ingredients. Try these combinations on a variety of breads, including cinnamon or whole wheat breads (toasted

desired), bagels, English muffins, peanut bread, graham crackers, tortillas, rice or pita breads.

- Peanut butter with marmalade and chopped cooked bacon.
- Peanut butter with sliced ham, and shredded cabbage.
- Peanut butter with sliced strawberries, peaches, apples or pears.
- Peanut butter swirled with cream cheese and chopped peanuts.
- Peanut butter with shredded carrots and raisins.
- Peanut butter sprinkled with granola or muesli cereal and drizzled with honey.
- Peanut butter with dried fruit bits.
- Peanut butter with drained crushed pineapple and coconut.
- Peanut butter with chopped apples, celery and raisins.
- Peanut butter and alfalfa sprouts.
- Peanut butter with crumbled macaroon cookies and drizzled with honey.
- Peanut butter with jelly and shelled sunflower seeds.

Due to variations in this recipe, nutritional information is impossible to calculate.



This portable main dish soup has a mild cheese flavour. Substitute cooked chicken for the cubed cooked chicken if desired.

HEARTY CHICKEN-BROCCOLI SOUP

2 [illegible] pkg. Green Giant® Cut Broccoli (unprepared)
[illegible] Cheese Sauce Mix
[illegible] cup margarine or butter
½ cup [illegible]
cups chopped celery
[illegible] tablespoons flour
1 [illegible] teaspoon dry mustard
¼ teaspoon salt
[illegible] teaspoon pepper
5 cups milk
2 [illegible] teaspoons lemon juice
1 [illegible] cooked cubed
chicken

Place unopened broccoli pouches in warm water to [illegible]

[illegible]

medium-high heat. Add onion and celery; cook and stir until crisp-tender. Stir in flour, mustard, salt and pepper. Cook until mixture is smooth and bubbly. Gradually add milk. Cook until mixture boils and thickens, stirring constantly. Reduce heat to low. Stir in lemon juice. Add chicken and broccoli; simmer until thoroughly heated, stirring occasionally.
4 [illegible] cup servings

TIP

[illegible]

[illegible]

COOK'S NOTE

For Hot Lunches

[illegible] heads [illegible] wrapped in a [illegible]

To reheat [illegible] in the microwave oven:

EASY TURKEY MINESTRONE

OPEN FACED TURKEY REUBENS

VEGETABLE CHEDDAR SOUP

2 tablespoons margarine
[illegible] butter
2 tablespoons flour
[illegible] teaspoon onion powder
[illegible] teaspoon white pepper
[illegible] milk
14½ oz [illegible] chicken broth
[illegible] teaspoon Worcestershire sauce
[illegible]
2 cups [illegible] cheese
Valley [illegible] Combinations Frozen Broccoli Cauliflower Supreme (from 16 oz pkg.)
[illegible] oz cups [illegible] cooked [illegible] yellow [illegible] potatoes

[illegible]

[illegible] and Worcestershire sauce. Bring to a boil, stirring constantly. Stir in vegetables. Bring to a boil; reduce heat to low. Simmer 5 to 6 minutes or until vegetables are tender. Stir in cheese. Cook over low heat until cheese is melted, stirring constantly. 5 (1-cup) servings.

MICROWAVE DIRECTIONS

[illegible] pan [illegible] Microwave on HIGH for 30 to 45 seconds or until melted. Stir [illegible] milk, chicken broth and Worcestershire [illegible] Microwave on HIGH for 7 to 9 minutes or until mixture boils, stirring once halfway [illegible] Cover tightly. Microwave on HIGH for 4 to 6 minutes or until vegetables are tender, stirring once halfway through cooking. Stir in cheese. Microwave on HIGH for 2 to 3 minutes or until [illegible]

[illegible] Nutrition Information Per Serving [illegible] Amount Per Serving [illegible]

The chicken mixture can be prepared and refrigerated up to 24 hours before serving. Cut cucumber, cashews and apples just before using. Keep salad greens separate from dressing.

CHICKEN APPLE SANDWICHES

- 2 cups shredded or chopped, cooked chicken
- ½ cup chopped apple
- ½ cup chopped cucumber
- ½ cup chopped cashews
- ½ cup mayonnaise
- ½ teaspoon sugar
- ¼ teaspoon onion powder
- ¼ teaspoon salt
- Dash pepper
- 10 slices whole wheat bread
- Mayonnaise
- Spinach leaves

In medium bowl, combine chicken, apple, cucumber and cashews. Add mayonnaise, sugar, onion powder, salt and pepper; mix well. Spread bread slices with mayonnaise. Place spinach leaves over chicken mixture; top with bread slices.

NUTRITION INFORMATION PER SERVING:

TANGY VEGETABLE MACARONI SALAD

- 2 cups uncooked elbow macaroni
- ½ cup mayonnaise
- 2 tablespoons vinegar
- 1 tablespoon prepared mustard
- 1 teaspoon sugar
- ½ teaspoon salt
- ¼ teaspoon pepper
- 4 5-oz. jar Green Giant® Sliced Mushrooms, drained
- 1 cup cherry tomatoes, quartered
- ½ cup sliced green onions
- 1 cup chopped green or red bell pepper
- Croutons, if desired

Cook macaroni to desired doneness as directed on package. Drain; rinse with cold water.

In large bowl, combine mayonnaise, vinegar, mustard, sugar, salt, pepper and remaining ingredients except croutons. Add macaroni; toss. Refrigerate 3 hours to blend flavors. Top with croutons. 6 ½ cup servings.

NUTRITION INFORMATION PER SERVING:

SWISS SPINACH SANDWICHES

6 oz. (1½ cups) shredded Swiss cheese
½ cup finely chopped red bell pepper
10-oz. pkg. Green Giant Harvest Fresh Frozen Chopped Spinach, thawed, well drained
¼ cup mayonnaise
8 bagels or English muffins, split

Vegetables in the Middle East thousands of years ago lent the ability to take on the flavors of seasonings they were cooked with, much as it does today. Here, crisp, fresh vegetables

VEGETABLE LENTIL SALAD

SALAD

- [illegible] pkg. (10 oz.) frozen [illegible]
- [illegible] cups water
- [illegible] cup [illegible]
- [illegible]
- Water
- ½ cup chopped green onions
- 1 medium cucumber, sliced

DRESSING

- ½ cup prepared Italian dressing
- 1 tablespoon honey
- 1 tablespoon Dijon mustard

- 4 oz. (1 cup) cubed [illegible]

[illegible] and Carrots: Prepare and cook crisp-tender as directed on package. Drain; cool. Place lentils in medium saucepan; cover with water. Bring to a boil; reduce heat to low. Simmer 15 to 20 minutes or just until tender. Drain; rinse.

[illegible] cooked lentils, vegetables and [illegible] dressing mixture to lentil mixture; toss [illegible]

[illegible]

COOK'S NOTE

About Lentils

[illegible]

[illegible] Vegetable Lentil Salad

Pair Tarragon Tuna Shell Salad with Ham 'n Swiss Broccoli Quiche for a delightful lunch.

TARRAGON TUNA AND SHELL SALAD

SALAD

- 2 oz pkg small pasta shells
- 16 oz pkg Green Giant Frozen Mixed Vegetables
- 2 6¾ oz cans water packed tuna, drained, flaked
- 1 cup halved cherry tomatoes
- ½ cup sliced green onions

DRESSING

- ½ cup olive oil
- ¼ cup vinegar
- 1½ teaspoons sugar
- [illegible] teaspoon [illegible]
- ½ teaspoon salt

Cook pasta shells to desired doneness as directed on package. Drain; rinse with cold water. Cook mixed vegetables until crisp-tender as directed on package. Drain; cool.

In large bowl, combine all salad ingredients. In small bowl, combine all dressing ingredients; blend well. Add dressing to salad; toss gently. Cover; refrigerate 1 to 2 hours or overnight. Stir before serving. 6 (1½-cup) servings.

[illegible]

Ready Pie Crust makes this quiche easy.

HAM 'N SWISS BROCCOLI QUICHE

- 15-oz pkg Pillsbury All Ready Pie Crusts
- 1 teaspoon flour

FILLING

- cup half-and-half or milk
- 4 eggs, slightly beaten
- ¼ to ½ teaspoon dry mustard
- ¼ teaspoon pepper
- 1 cup cubed, cooked ham
- 6 oz. (1½ cups) shredded Swiss or shredded Cheddar cheese
- 1 cup fresh broccoli florets, blanched, well drained*
- 1 tablespoon chopped onion

Prepare pie crust according to package directions for *filled one-crust pie* using 9-inch pie pan. Refrigerate remaining crust for later use. Heat oven to 350°F.

In medium bowl, combine half-and-half, eggs, dry mustard and pepper; set aside. Layer ham, cheese, broccoli and onion in pie crust-lined pan. Pour egg mixture over ham, cheese and broccoli. Bake at 350°F for 40 to 50 minutes or until knife inserted in center comes out clean. Cool 5 minutes; cut into [illegible] any remaining quiche. 6 to 8 servings.

TIP: *Frozen cut broccoli, thawed and [illegible]*

[illegible]

You will love the raspberry addition to this old favorite- tapioca pudding

RASPBERRY TAPIOCA PARFAITS

- ¼ cup sugar
- 2 tablespoons quick-cooking tapioca
- Dash salt
- 2 cups milk
- 1 egg, slightly beaten
- 1 teaspoon vanilla
- ½ cup raspberry preserves
- ¼ cup slivered almonds toasted*

[illegible] tapioca, salt, milk and egg; let stand 5 minutes. Cook over medium-high heat to a full rolling boil, stirring constantly. Remove from heat; stir in vanilla. Cool 30 minutes at room temperature.

[illegible] 4 servings.

MICROWAVE DIRECTIONS

[illegible] wire whisk. Microwave on HIGH for 8 to 10 minutes or to a full rolling boil, whisking every [illegible] cooking. Stir in vanilla. Continue as directed above.

TIP: *To toast almonds, spread almonds evenly on cookie sheet; bake at 375°F for 5 to 10 minutes until light golden brown. Or, spread in thin layer on microwave-safe pie pan. Microwave on HIGH for 1½ to 2 minutes or until golden brown, stirring after 1 minute.*

[illegible] PER SERVING

[illegible] and cover with a pressure lid.

PICNIC MACARONI SALAD

- 5 [illegible] cups uncooked spiral macaroni
- 2 cups salad dressing or mayonnaise
- [illegible] cup [illegible]
- [illegible] cup salad
- ¼ cup sweet pickle relish
- 1 tablespoon prepared mustard
- 1 cup green [illegible] Frozen Sweet Peas (from 16-oz. pkg.), thawed, drained
- 3 eggs, hard-cooked, chopped

[illegible]

[illegible] PER SERVING

MAPLE DATE COOKIES

- 1 cup firmly packed brown sugar
- ½ cup butter or margarine softened
- ½ teaspoon vanilla
- ½ teaspoon maple extract
- 1 egg
- 1½ cups Pillsbury's BEST® All Purpose or Unbleached Flour
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 cup finely chopped dates
- ½ cups chopped walnuts

In large bowl beat brown sugar butter

mix well Stir in dates and walnuts

BIKER'S GINGER OATMEAL COOKIES

- 1 cup firmly packed brown sugar
- ½ cup margarine or butter softened
- 1 egg
- ¼ cup light molasses
- 1 teaspoon vanilla
- 1½ cups Pillsbury's BEST® All Purpose or Unbleached Flour
- 2 teaspoons baking soda
- 1 teaspoon ground ginger
- ½ teaspoon ground cloves
- ½ teaspoon cinnamon
- 2 cups quick cooking rolled oats
- 1 cup raisins
- 1 cup chopped nuts

This quick and easy coffee cake is baked in a 10" inch pan and serves twelve

ORANGE YOGURT COFFEE CAKE

CAKE

1 pkg. Pillsbury Plus Carrot 'n Spice Cake Mix
8 oz. carton plain yogurt
¼ cup orange juice
3 eggs

FILLING

cup finely chopped walnuts
¼ cup firmly packed brown sugar
1 tablespoon grated orange peel
½ teaspoon cinnamon
½ teaspoon cloves

In large mixing bowl, blend all cake ingredients at low speed until moistened; beat 2 minutes at highest speed. Combine filling ingredients. Pour batter into greased and floured pan. Sprinkle half of filling evenly over batter; spread with remaining batter. Top with remaining filling. Bake at 350°F for 30 to 40 minutes or until toothpick inserted in center comes out clean. Cool completely. 12 servings

[illegible]

[illegible]

Microwave cooking makes delicious puddings that are smooth and creamy without the necessity of constant stirring. You will enjoy the rich flavor in this appealing recipe.

PEANUT BUTTER PUDDING WITH JAM

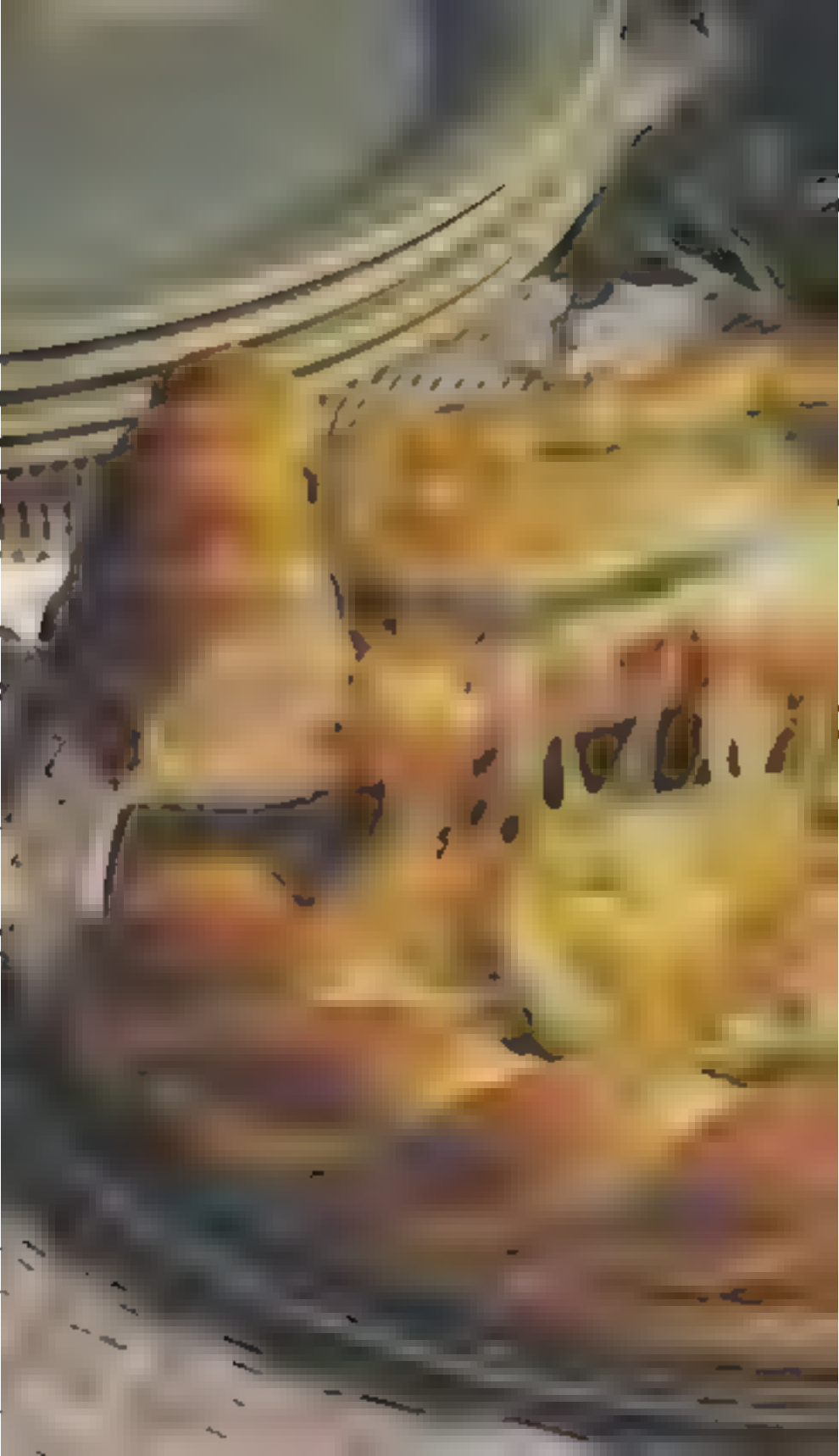
2 cups milk
[illegible] pkg. vanilla pudding and pie filling mix (not instant)
¼ cup creamy peanut butter
½ cup whipping cream, whipped
¼ cup any flavor jam, preserves or jelly

In saucepan, combine milk and pudding [illegible] mixture comes to a full boil, stirring constantly. Remove from heat. Stir in peanut butter; blend until smooth. [illegible] and whipped cream alternately in parade glasses or dessert bowls. [illegible] of jam. 4 to 5 servings.

MICROWAVE DIRECTIONS

[illegible]

[illegible]



CHANGE-
OF-PACE
WEEKEND
BREAKFASTS
& LUNCHES
Waffled Pocket Bread Grill
Golden
Sausage Pizza.

Pillsbury Hot Roll Mix makes preparing a

CRUST

- 1 pkg. Pillsbury Hot Roll Mix
- 1 teaspoon basil leaves
- 1¼ cups water heated to 120 to 130°F
- 2 tablespoons oil
- 1 egg, beaten slightly
- 1 teaspoon water

TOPPING

- 6 oz. can tomato paste
- ½ teaspoon basil leaves
- ¼ teaspoon garlic powder
- 8 oz. (2 cups) shredded mozzarella cheese
- 1 cup sliced fresh mushrooms
- ½ cup sliced green onions
- 1 medium green bell pepper, cut into rings
- 4 oz. (1 cup) shredded Cheddar cheese

Place oven rack at lowest position. Heat oven to 425°F. Generously grease

In flour mixture, yeast from foil packet, basil leaves and salt. Mix well. Stir in hot water and oil until well blended. Stir in enough flour to make soft dough. Knead on floured surface until smooth and elastic, about 5 minutes. Shape dough into a ball. Knead

Place on greased pan. Generously prick dough with fork. Divide remaining dough into 3 equal pieces. Roll each piece into 12-inch rope. Braid together to form braid. Place around edge of dough and pressing against rim of pan to seal. Brush dough with egg mixture.

for 9 to 11 minutes or until crust is golden brown. Remove from oven. Reduce oven temperature to 400°F.

In small bowl, combine tomato paste, basil leaves, garlic powder and pepper. Spread over crust to within 1 inch of edge. Sprinkle with mozzarella cheese. Top with mushrooms, green onions, pepper rings and Cheddar cheese. Bake at 400°F for an additional 15 to 20 minutes or until cheese is melted. If crust becomes too brown, cover with foil

6 to 8 servings

HIGH ALTITUDE Above 3500 Feet: No change

SAUSAGE PIZZA

- 8 oz bulk seasoned pork sausage
- 10 oz. can Pillsbury Refrigerated All Ready Pizza Crust
- 8 oz (2 cups) shredded mozzarella cheese
- 2 small yellow summer squash, sliced
- 1 medium red or green bell pepper, coarsely chopped
- ½ cup sliced green onions

crust is deep golden brown. Serve

Bake at 425

NUTRITION INFORMATION PER SERVING

WAFFLED POCKET

- 1 (6 inch) whole wheat pocket bread
- 1 teaspoon mustard
- 1 oz. thinly sliced, cooked ham
- 1 oz. thinly sliced, cooked turkey
- 2 tablespoons prepared creamy coleslaw
- 1 oz. thinly sliced mozzarella cheese
- 1 to 2 tablespoons

NUTRITION INFORMATION PER SERVING

blueberries just before using to keep them

TIP

SCONES

½ cups Pillsbury's BEST® All Purpose Unbleached or Self Rising Flour*
¾ cup quick cooking rolled oats
½ cup sugar
2 teaspoons baking powder
¼ teaspoon salt
¼ teaspoon nutmeg
½ cup margarine or butter
1 egg
½ cup orange juice
½ teaspoon grated orange peel
1 cup fresh or frozen blueberries, unthawed

TOPPING

1 tablespoon margarine, melted
2 tablespoons sugar

powder, salt and nutmeg; mix

mixture

Hot Lemonade Tea

6 cups water
½ cup sugar
6 oz. can frozen lemonade concentrate
3 cinnamon sticks
4 tea bags

Blueberry Oat Scones
Hot Lemonade Tea

A FRESH APPROACH TO TEA & COFFEE

Aromatic and brisk, tea and coffee [illegible] breakfasts, lunches and brunches. This wide-spread popul[illegible] varieties and flavors for us to enjoy. [illegible] varieties seems endless. Delicate [illegible] and smoky, capsaing sou[illegible] among those available on the market [illegible] fermen[illegible] leaves, sage and thyme can be chopped, crushed or crumbled for new taste sensations.

New Ideas for Tea

- Herbal teas, like lemon verbena, camomile, rosemary, lavender and borage can be combined for new flavor appeal.
- Garnishes such as cinnamon and [illegible] of lime slices studded with cloves [illegible] are all active and can add distinctive flavor.
- Ruby-colored varieties of tea combined with other punch ingredients can become a colorful, refreshing sipper.
- Sweeten teas with honey for a delicious change of pace.

With the many varieties of ready-ground [illegible] on the market [illegible] adventure. Begin with a small [illegible] coffee has rich, dark flavor and is [illegible] A [illegible] with [illegible]

New Ideas for Coffees

For unique flavors:

- [illegible]
- [illegible]
- [illegible]
- [illegible] summer drink. Coffee-flavored ice cubes can make it extra special.

For the freshest flavor:

- [illegible]
- [illegible] with a clean pot and cold water.
- [illegible] covered at room temperature.

to prepare with hot roll mix

ROLLS
1 pkg. Pillsbury Hot Roll Mix
1 tablespoon sugar
½ teaspoon cinnamon
1 cup water heated to 120 to 130 F
2 tablespoons margarine or butter softened

FILLING
½ cup creamy peanut butter
3 tablespoons honey
2 tablespoons margarine or butter softened
½ teaspoon cinnamon
½ cup chopped peanuts

TOPPING
½ cup raspberry jelly
1 tablespoon chopped peanuts

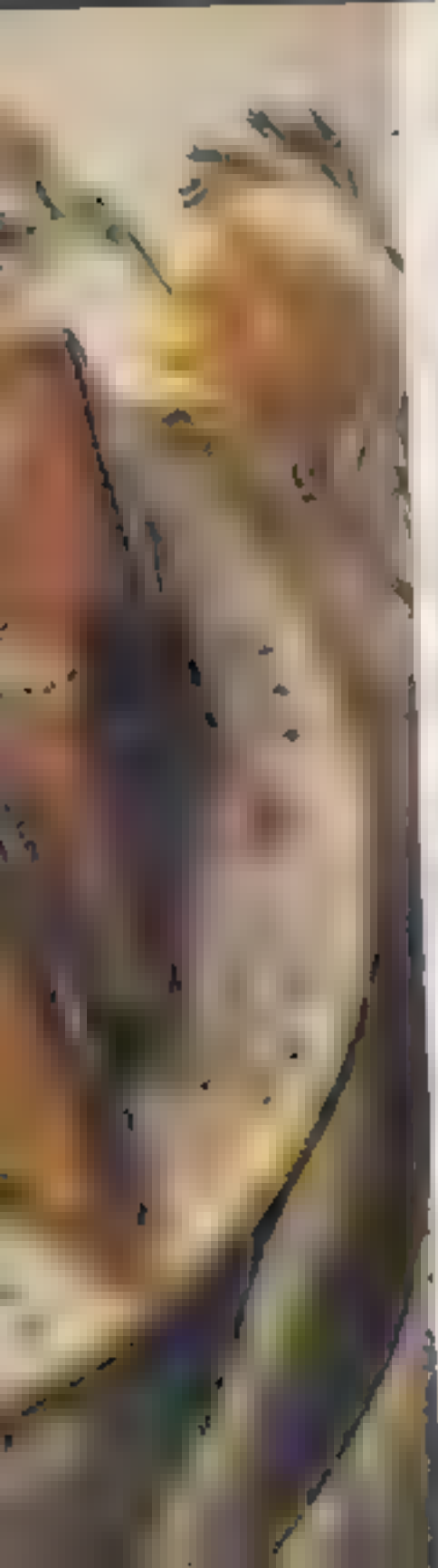
combine flour mixture with yeast
cinnamon, blend well. Stir in water
dough pulls away from sides of
large bowl; let rest 5 minutes

evenly over
mix with ¼ cup
has been added.

Heat oven to 375°F. Uncover
Bake for 18 to 23 minutes or until
1 tablespoon peanuts. 12 rolls

TIP
with plastic wrap and refrigerated overnight. Let rise 30 minutes, or until doubled in size, on wire rack set over large pan in which hot water has been added. Bake as directed

HIGH ALTITUDE: Above 3500 Feet



[illegible]

[illegible] cup margarine or butter, melted
[illegible] pkg. (8 oz.) Neufchatel cheese, softened
¼ cup orange marmalade
½ cup chopped walnuts
12 slices whole wheat bread
3 eggs
½ cup milk
1 teaspoon vanilla
½ teaspoon nutmeg
¼ teaspoon salt
Powdered sugar, if desired

Spre[illegible] margarine over bottom of [illegible]

[illegible]

Blend well. Spoon and spread about [illegible]

heese mixture on 6 slices bread [illegible]

[illegible]

In medium bowl, beat eggs slightly. Add milk, vanilla, nutmeg and salt; beat well. Dip each triangle sandwich [illegible] par[illegible]

[illegible]

[illegible] INFORMATION PER SERVING [illegible]

Cream-Filled French Toast
Honey Orange Sauce p. [illegible]

HONEY ORANGE SAUCE

- 2 tablespoons cornstarch
- 1½ cups orange juice
- ¼ cup honey
- 1 teaspoon grated orange peel

orange peel.

HONEY BRAN PANCAKES

- 1 cup Pillsbury
- All Purpose
- Unbleached
- cup
- 2 teaspoons
- 1 teaspoon
- ½ teaspoon salt
- 2 cups
- 1 cup
- 2 tablespoons honey
- 2 eggs

Heat griddle to 350°F. Grease lightly

flour, oat bran, baking powder

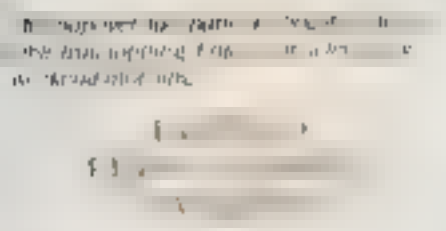
oil, honey and eggs; stir just until all

16 pancakes.

TIP

HIGH ALTITUDE (Above 3500 Feet):

above



PANCAKE

- ½ cup Pillsbury™ BEST™ All Purpose or Unbleached Flour
- ½ cup whole wheat flour
- ½ teaspoon grated orange peel
- ¼ teaspoon nutmeg
- ¼ teaspoon allspice
- Dash salt
- 1 cup milk
- 3 eggs

TOPPING

- 2 tablespoons margarine or butter
- 8¾ oz. can sliced pears packed in light syrup, drained, reserving ½ cup liquid
- 6-oz. pkg. (1 cup) dried apricots
- ¼ cup firmly packed brown sugar

Heat oven to 450°F. In large bowl, beat all pancake ingredients with wire whisk or hand beater until smooth. Pour into ungreased pan. Bake at 450°F for 10 minutes. (DO NOT OPEN OVEN.) Reduce heat to 350°F; bake for an additional 10 to 15 minutes or until dark golden brown.

In 10-inch skillet over medium heat, melt margarine. Add pear slices, apricots, brown sugar and reserved pear liquid. Reduce heat to low; simmer 5 to

6 servings.

TIP: To microwave topping, place mar

casserole. Microwave on High for 30 to 45 seconds or until melted. Stir in apricots, brown sugar and reserved pear liquid. Cover tightly. Microwave on High for 4 to 6 minutes or until apricots are tender, stirring once. Halfway through cook

Add pear slices; cover

HIGH ALTITUDE (Above 3500 Feet)

Light and easy describes this attractive breakfast main dish. Serve it with your favorite muffins for a satisfying start to the day.

BAKED EGGS SUPREME

10-oz. pkg. frozen cut asparagus, cooked and drained
frozen broccoli
frozen cauliflower
thawed diced
¼ cup margarine or butter, melted
4 eggs
8 teaspoons grated Parmesan cheese
½ teaspoon dill weed

Heat oven to 325°F. In 4 individual 1½ to 2 cup ovenproof casserole or inside edge of dish, leaving 2-inch wide margarine over vegetables in each casserole. Carefully break 1 into each center space. Sprinkle each with 2 teaspoons of the Parmesan cheese and a dash of the dill weed. Bake at 325°F for 18 to 22 minutes

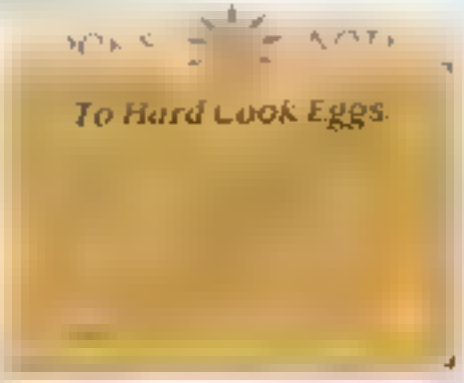
Joyful surprise side dish or dessert for brunch.

STRAWBERRIES AND BANANAS

1 pint fresh strawberries, sliced
2 medium bananas, sliced
6-oz. pkg. butterscotch-flavored
2 tablespoons shortening
¼ cup water

Arrange strawberries and bananas in 6 individual serving dishes or 2-cup

Heat chocolate chips and shortening in microwave or saucepan at low 2 to 3½ minutes or until mixture can be stirred smooth, stirring twice during cooking. Stir in honey. Drizzle spoonfuls mixture over each serving of fruit. Serve immediately. 6 servings.



Baked Eggs Supreme
Burning Our Brain Muffins p. 7

This unique main dish salad makes a pretty presentation for a brunch.

SUMMER SALAD

6-oz. pkg. Ready Pie Crusts
1 teaspoon basil
LETTUCE
6 lettuce leaves
2 cups sliced celery
8-oz. can sliced water chestnuts, well drained
½ cup sliced green onions
½ cup mayonnaise or salad dressing
¼ teaspoon seasoned salt
1 cup Green Giant Frozen Sweet Peas, from 10-oz. pkg., thawed, drained
4 oz. mozzarella cheese, shredded
3 hard-cooked eggs, halved
1 medium tomato, cut into wedges
½ lb. bacon, crisply cooked, crumbled

Heat oven to 450°F. Prepare pie crust according to package directions for one-crust pie pan. Refrigerate remaining crust for later use. Bake at 450°F for 9 to 11 minutes or until lightly browned. Cool.

Layer lettuce leaves in cooled pie crust. Top with celery, water chestnuts and onions. In small bowl combine mayonnaise and salt; mix well. Spoon and spread ½ cup mayonnaise over celery mixture. Top with peas and [illegible] mayonnaise over peas and cheese [illegible] and bacon. Refrigerate 1 to 2 hours or overnight. Store in refrigerator.

[illegible]

Iron salad [illegible] the meal complete.

TURKEY AND [illegible]

9-oz. pkg. Green Giant® Harvest Fresh Frozen Cut Broccoli
1 [illegible] 2 lb. pumpernickel bread, unsliced
3 tablespoons Light margarine
8 oz. thinly sliced cooked turkey
½ cup sliced green onions
8 ½-oz. can Green Giant Golden Cream Style Corn
6 oz. pkg. sliced mozzarella cheese

heat oven to 375°F. In bowl of hot

for 10 to 15 minutes. Open pouch drain broccoli. Slice bread in half cut surfaces of bread halves with mustard. Layer turkey slices on both in half of bread In small bowl, combine broccoli onions and corn, blend well. Spread broccoli mixture over turkey. Top with mozzarella cheese slices. Cover with top half of bread. Wrap loosely with heavy duty foil. Bake at 375°F for 30 to 35 minutes or until cheese is melted and sandwich is thoroughly heated. To serve, cut into 5 to 7 inch slices. 6 servings.

TIPS

as directed on package for

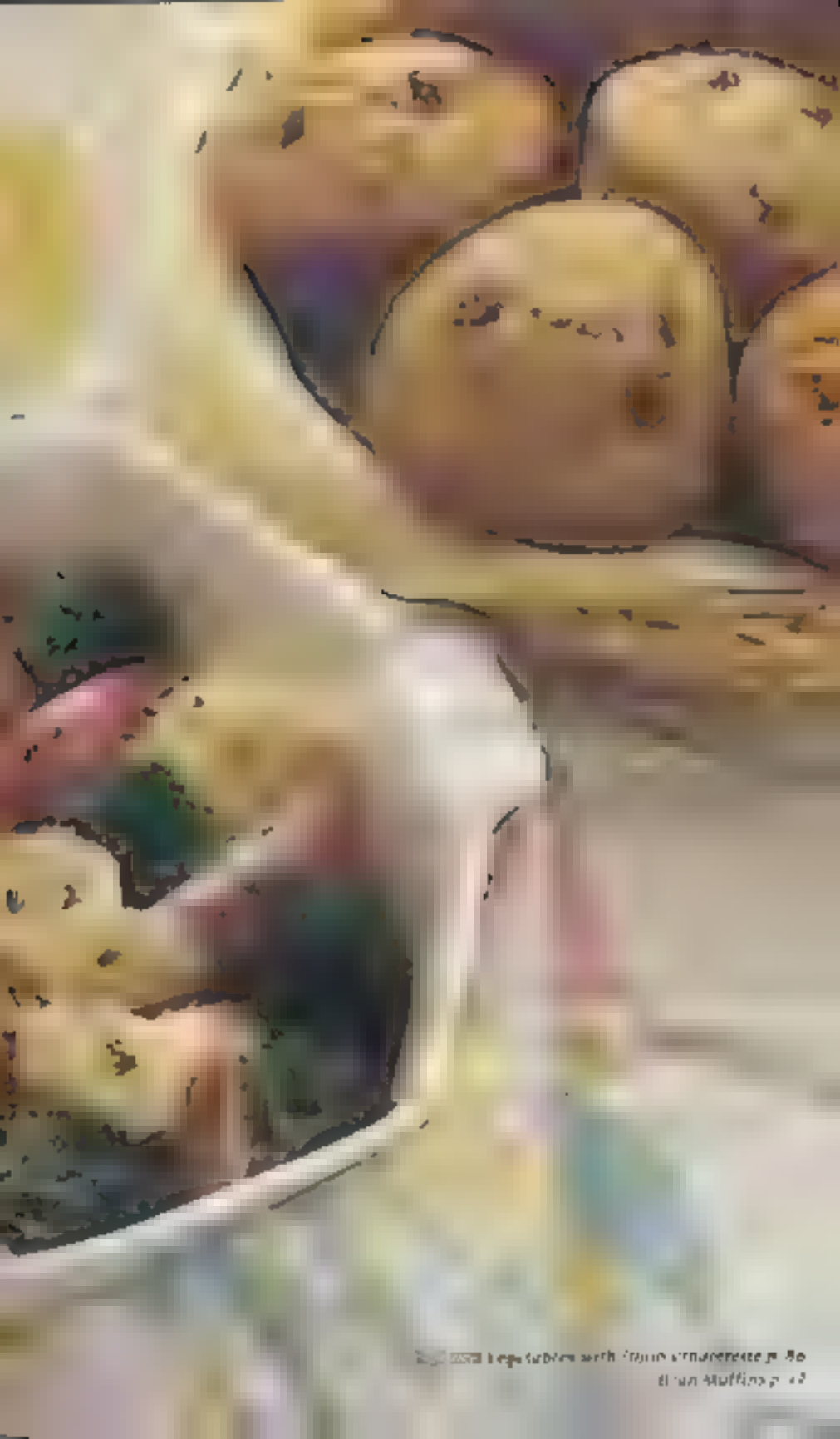
heat oven to 350°F. Core apples and

inch (2 quart)

Arrange prunes around apples. Pour apple juice evenly over apples and

MICROWAVE DIRECTIONS

Cover tightly. Microwave on HIGH for 5 to 6 minutes or until apples are



A colorful and healthful light meal is very easy to prepare. Serve it with hot muffins and delicious, satisfying fruit.

TUNA AND VEGETABLES WITH DIJON VINAIGRETTE

- 2 cups small broccoli florets
- 2 cups small cauliflower florets
- 4 to 6 new red potatoes (½ lb.), quartered
- 9.25 oz. can water packed tuna, drained, flaked
- ½ cup cherry tomato halves

VINAIGRETTE

- ¼ cup olive oil
- ¼ cup red wine vinegar
- 1 teaspoon Dijon mustard
- ½ teaspoon sugar
- [illegible] teaspoon dried dill weed

MICROWAVE DIRECTIONS

Arrange broccoli, cauliflower and potatoes around outside edge of 12-inch microwave safe platter or 12x8 inch (2 quart) baking dish. Cover with microwave safe plastic wrap. Microwave on HIGH for 7 to 11 minutes or until vegetables are crisp-tender, rotating dish ½ turn once during cooking. Remove plastic wrap. Arrange tuna and tomatoes in center of vegetables. In 1 cup microwave safe measuring cup, combine all vinaigrette ingredients, blend well. [illegible] minutes or until mixture is warm. (DO NOT BOIL.) Serve vinaigrette with tuna and vegetables. Garnish as desired.

[illegible]

Tender pieces of sole and shrimp are served in this attractive, delightful tomato soup. Serve with crackers & an French bread.

SEAFOOD COUNTRY SOUP

- 2 (8-oz.) pkg. Van de Kamp's® Frozen Sole or Haddock Fillets
- 1 tablespoon margarine or butter
- 1 medium onion, chopped (½ cup)
- 2 (14½-oz.) cans chicken broth
- ½ teaspoon salt
- ½ teaspoon thyme leaves
- ¼ teaspoon cayenne pepper
- 1 bay leaf
- [illegible] pkg. frozen [illegible] Valley Combination® mix®
- [illegible]
- [illegible]
- [illegible]
- 8 oz. [illegible] uncooked shrimp, shelled, deveined

Place frozen sole fillets under cold running water until slightly thawed. [illegible] sprinkle in large saucepan over medium-high heat. Add onion; cook until tender. Add chicken broth, salt, thyme, cayenne pepper, bay leaf, [illegible] to sole and vegetables. Return to a boil. Add shrimp; reduce heat to low. [illegible] flakes easily with fork and shrimp is thoroughly cooked. Remove bay leaf. 9 (1-cup) servings.

[illegible]

For a family-style brunch, serve this tasty, hearty, flavored dish with a tossed green salad and an array of sliced fruit breads.

HAM, EGG AND

1

- 25 oz pkg Pillsbury Real
- Cheese sauce
- Scalloped Potatoes
- 2½ cups cold water
- ⅓ cup milk
- 2 tablespoons margarine or butter
- cup chopped cooked ham
- cup chopped green bell pepper
- 4 eggs, hard-cooked
- 2 tablespoons mayonnaise

Heat oven to 400°F. Pour potato slices

at 400°F for 25 minutes.

Meanwhile, slice eggs in half length

Mix until well blended. Fill egg white halves with yolk mixture. Arrange on top of potatoes. Bake for an additional 10 to 15 minutes or until potatoes are tender. 4 servings.

TIP: If desired, sliced eggs can be arranged on potatoes, and

T S H

- 2 tablespoons water
- 2 medium carrots, cut into thin 2-inch strips
- 4 oz fresh pea pods, trimmed
- 6 oz pkg vanilla Kamish*
- 1 Mary's Catch* frozen Sole or Flounder Fillets
- 1 tablespoon margarine or butter, melted
- ¼ teaspoon seasoned salt
- ¼ teaspoon paprika

MICROWAVE DIRECTIONS

wrap. Microwave on HIGH for 2 to 3 minutes or until carrots are crisp tender. Add pea pods. Place frozen fillets with thin ends toward center

paprika. Cover with microwave-safe

Microwave on HIGH for

This is a wonderful hearty salad to serve anytime. The filling can be prepared in advance.

PITA STARBURST

2 cups small broccoli florets
2 cups sliced carrots
1 medium green bell pepper, chopped
2 cups cubed, cooked turkey
½ cup mayonnaise
¼ cup grated Parmesan cheese
1 teaspoon sugar
½ teaspoon basil leaves
½ teaspoon onion powder
¼ teaspoon white pepper
4 pita breads
3 cups alfalfa sprouts
1 medium tomato, chopped

MICROWAVE DIRECTIONS

In a 2-quart casserole, combine broccoli, carrots and green pepper. Cover and microwave on high for 3 to 5 minutes or until vegetables are just crisp-tender, stirring once halfway during cooking. Drain well; cool until cold.

Add turkey to broccoli mixture. In small bowl, combine mayonnaise, Parmesan cheese, sugar, basil and onion powder. Add mayonnaise mixture to broccoli mixture; toss ingredients gently to coat well.

With a sharp knife, cut a cross-like slash through top layer of each pocket, cutting to within ½ inch of edge of circle. Gently pull back each point from center to form a star.

Spoon ½ cup of the alfalfa sprouts. Spoon ½ cup of the broccoli mixture over sprouts; top with chopped tomato. Serve immediately.

Turkey Pita Starburst

Place bowl over hot water to keep warm.

HASH BROWNS

3 tablespoons oil
1 medium onion, chopped (½ cup)
1 medium green bell pepper, chopped (½ cup)
4 medium baking potatoes, cooked, peeled and diced (about 4 cups)
1 teaspoon seasoned salt
¼ teaspoon pepper
2 oz. (½ cup) shredded Cheddar cheese

Heat oil in large skillet over medium-high heat. Add onion and green pepper. Cook and stir until vegetables are tender-crisp.

Add potatoes, seasoned salt and pepper. Cook 5 to 7 minutes or until potatoes are lightly browned, stirring occasionally.

Sprinkle with cheese; cover and cook 2 to 3 minutes or until cheese is melted.

NUTRITION INFORMATION

NUTRI-CODED can help you in your daily food planning** Below are

SERVING SIZE

CALORIES

4 to 10 years old; and 2400-2800 for men.

PROTEIN: The amount of protein needed daily is determined by age and size; the general U.S. RDA is 65 grams for adults and children at least 4

CARBOHYDRATE, FAT, CHOLESTEROL, SODIUM AND POTASSIUM

however, the carbohydrate should

PERCENT U.S. RDA PER SERVING
For a nutritionally balanced diet, choose recipes which will provide

Pillsbury Guidelines for Calculating the Nutrition Information

- When a range is given for an
- When ingredients are listed as
  as listed in the nutrition information
- Serving suggestions listed in the ingredients are calculated in the nutrition information
- a serving of yeast leavened bread

Symbol Meanings

in which the nutrition [illegible]

- * Less than 2% of the nutrient
- 0 Less than one gram (or milligram) of the nutrient

Any questions regarding nutrition
addressed to:

The Pillsbury Company
Pillsbury Center Suite 2866
Minneapolis, Minnesota 55402

**The primary source for values used in this program is the revised
as correct and complete as
information

NOTE FOR PEOPLE WITH SPECIAL DIETARY NEEDS: CONSULT A PHYSICIAN REGARDING RELIANCE ON THE NUTRITION INFORMATION IN THIS BOOK

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